

Ferris ISD
Lee Longino Breakfast
March 2023

Feb 9, 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| | | Mar - 1 Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** Fruit Juice MILK - Variety | Mar - 2 Eggo Maple Mini Waffles *** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ Fruit Juice MILK - Variety | Mar - 3 Pig in a Blanket *** Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Oranges *** Fruit Juice MILK - Variety |
| Mar - 6 Cinnamon French Toa Sausage Patty!!! or Wheat Bread Toast*** Assorted Cereal Craisins *** Fruit Juice MILK - Variety | Mar - 7 Pancakes*** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** Fruit Juice MILK - Variety | Mar - 8 Cinnamon Roll or Wheat Bread Toast*** Assorted Cereal Apples Fruit Juice MILK - Variety | Mar - 9 Breakfast Pizza ~~~ or Wheat Bread Toast*** Assorted Cereal BANANAS-*** Fruit Juice MILK - Variety | Mar - 10 Chicken Sandwich *** or Wheat Bread Toast*** Assorted Cereal Strawberry cup*** Fruit Juice MILK - Variety |
| Mar - 13 SPRING BREAK NO SCHOOL TODAY | Mar - 14 SPRING BREAK YIPPEEE!!!! | Mar - 15 SPRING BREAK NO SCHOOL TODAY | Mar - 16 SPRING BREAK YIPPEEE!!!! | Mar - 17 SPRING BREAK NO SCHOOL TODAY |
| Mar - 20 Cinnamon French Toa Sausage Patty!!! or Wheat Bread Toast*** Assorted Cereal Craisins *** Fruit Juice MILK - Variety | Mar - 21 Blueberry Bash Mini Waffles Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Apples Fruit Juice MILK - Variety | Mar - 22 Pigs'n Flapjackets~~~ Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ Fruit Juice MILK - Variety | Mar - 23 Breakfast Burrito~~~ Salsa*** or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Oranges *** Fruit Juice MILK - Variety | Mar - 24 Eggo Maple Mini Pancakes *** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Peaches *** Fruit Juice MILK - Variety |
| Mar - 27 Pig in a Blanket *** Syrup!!! Mustard, pc~~~ or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Mixed Berry cup Fruit Juice MILK - Variety | Mar - 28 Chicken Sandwich *** or Wheat Bread Toast*** Assorted Cereal Peaches *** Fruit Juice MILK - Variety | Mar - 29 Cinnamon Roll or Wheat Bread Toast*** Assorted Cereal Strawberry cup*** Fruit Juice MILK - Variety | Mar - 30 Pancakes*** Syrup!!! or Wheat Bread Toast*** Assorted Cereal pc jelly!!! Pears~~~ Fruit Juice MILK - Variety | Mar - 31 Breakfast Pizza ~~~ or Wheat Bread Toast*** Assorted Cereal Oranges *** Fruit Juice MILK - Variety |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.