Ferris ISD
Jr. High Lunch Menu
May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 3" *** Macaroni & Cheese Ketchup/Mustard Apples Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 2** Beef Tacos Cheese Sauce Refried Beans~~~ Garden Salad *** Spanish Rice Pear In Light Syrup *** Salsa*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 3** Bacon/Egg Scramble TriTaters Tortilla, Whole Wheat Country Gravy-!!! Refried Beans~~~ pc jelly!!! PC Butter Applesauce *** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 4** Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad *** Mixed Berry cup Bread Stick~~~ Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 5** Pepperoni Calzone Marinara Sauce cups** Garden Salad *** Corn Cob 3" *** Sidekicks frozen juice ! Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
May - 8 Cheese Bosco Stick Garden Salad *** Ranch Beans~~~ Pear In Light Syrup *** Marinara Sauce cups** Ketchup, pc~~~ Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 9** Beef Tacos Shred Cheese ~~~ Spanish Rice Taco trims*** Pinto Beans*** Peaches *** pc salsa Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 10** Steak Fingers ~~~ Whipped Potatoes-~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll *** BANANAS-*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 11** Baked Potato Soup Grilled Cheese Sandwi Broccoli/ carrot sticks * Apples Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 12** Chicken Tenders-~~~ Corn Cob 3" *** Carrot Coins*** Bread Stick~~~ Fruit Cocktail~~~ Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
May - 15 Chicken Fried Steak P Wheat Buns*** new 2. Sweet Potato Fries Peaches *** Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 16** Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad *** Mexicali Corn*** Apples Salsa*** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 17** Salisbury Steak ~~~ Brown Gravy !!! Whipped Potatoes-~~~ Green Beans *** Honey Wheat Roll *** Oranges *** Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 18** Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli/ carrot sticks * Applesauce *** Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety	**May - 19** Cheeseburger~~~ Potato Stix ~~~ Sandwich Trims Mixed Berry cup Ketchup/Mayo/Mustard Chef Salad Wheatworth Crackers pc Ranch Dressing!!! MILK - Variety
May - 22 Cheese Bosco Stick Garden Salad *** Ranch Beans~~~ Strawberry cup*** Marinara Sauce cups** Ketchup, pc~~~ pc Ranch Dressing!!! MILK - Variety	**May - 23** Beef Tacos Shred Cheese ~~~ Spanish Rice Taco trims*** Pinto Beans*** Peaches *** pc salsa MILK - Variety	**May - 24** Chicken Nuggets!!! Whipped Potatoes-~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll *** Pears~~~ MILK - Variety	**May - 25** Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozarella Cheese~~~ Garden Salad *** Oranges *** Bread Stick~~~ pc Ranch Dressing!!! MILK - Variety	**May - 26** Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Applesauce *** MILK - Variety
May - 29 MEMORIAL DAY NO SCHOOL TODAY	**May - 30** Summer School Starts	**May - 31**		

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.