

Ferris ISD
Ingram Elementary Lunch
May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Mini Corn Dogs !!! Corn on Cob*** Ketchup, pc~~~ Mustard, pc~~~ Apples Milk 1% white *** + for Kindergarten Baked Beans~~~ Milk Chocolate ff***	May - 2 Nachos with Beef~~~ Corn*** Pears~~~ Milk 1% white *** + for Kindergarten Salsa*** Refried Beans~~~ Milk Chocolate ff***	May - 3 Egg Scramble w/ Turkey bacon ~~~ Tortilla, W W *** Refried Beans~~~ Applesauce *** Milk 1% white *** + for Kindergarten TriTaters !!! Milk Chocolate ff***	May - 4 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Bread Sticks-ww *** Mixed Berry cup Milk 1% white *** + for Kindergarten pc Ranch Dressing!!! Garden Salad *** Milk Chocolate ff***	May - 5 Pepperoni Calzone Marinara Sauce cups** Garden Salad *** Corn*** Sidekicks frozen juice ! Milk 1% white *** + for Kindergarten Milk Chocolate ff***
May - 8 Cheese Bosco Stick pk Garden Salad *** Marinara Sauce cups** Pear In Light Syrup *** pc Ranch Dressing!!! Milk 1% white *** + for Kindergarten Milk Chocolate ff***	May - 9 Beef Tacos Taco trims*** Refried Beans~~~ Pineapple Chunks~~~ Milk 1% white *** + for Kindergarten Spanish Rice *** Milk Chocolate ff***	May - 10 Steak Fingers~~~ Whipped Potatoes~~~ Country Gravy- !!! Bread Sticks-ww *** BANANAS-*** Milk 1% white *** + for Kindergarten Green Beans *** Milk Chocolate ff***	May - 11 Baked Potato Soup *** Grilled Cheese ~~~ Broccoli/ carrot sticks * Apples Milk 1% white *** + for Kindergarten Milk Chocolate ff***	May - 12 Chicken Tenders~~~ Ranch Beans~~~ Bread Sticks-ww *** Fruit Cocktail~~~ Milk 1% white *** + for Kindergarten Corn Cob 3" *** Milk Chocolate ff***
May - 15 Steak Patty !!! Wheat Buns*** new 2. Sweet Potato Fries *** Peaches *** Sandwich Trims *** Ketchup/Mayo/Mustard Milk 1% white *** + for Kindergarten Milk Chocolate ff***	May - 16 Beef and Bean Burrito Garden Salad *** Mexicali Corn*** Apples Salsa*** pc Ranch Dressing!!! Milk 1% white *** + for Kindergarten Milk Chocolate ff***	May - 17 Salisbury Steak ~~~ Brown Gravy !!! Whipped Potatoes~~~ Oranges *** Honey Wheat Roll *** Milk 1% white *** + for Kindergarten Carrot Coins*** Milk Chocolate ff***	May - 18 Chicken Patty/ Bun~~~ Sandwich Trims *** Ranch Beans~~~ Applesauce *** Ketchup/Mayo/Mustard Milk 1% white *** + for Kindergarten pc Ranch Dressing!!! Milk Chocolate ff***	May - 19 Hamburger~~~ Potato Stix ~~~ Sandwich Trims *** Ketchup/Mayo/Mustard Mixed Berry cup Milk 1% white *** + for Kindergarten Milk Chocolate ff***
May - 22 Cheese Bosco Stick pk Garden Salad *** Marinara Sauce cups** Strawberry cup*** pc Ranch Dressing!!! Milk 1% white *** + for Kindergarten Milk Chocolate ff***	May - 23 Beef Tacos Taco trims*** Refried Beans~~~ Peaches *** Milk 1% white *** + for Kindergarten Spanish Rice *** Milk Chocolate ff***	May - 24 Chicken Nuggets!!! Whipped Potatoes~~~ Country Gravy- !!! Bread Sticks-ww *** Applesauce *** Milk 1% white *** + for Kindergarten Black Eye Peas-*** Milk Chocolate ff***	May - 25 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Bread Sticks-ww *** Oranges *** Milk 1% white *** + for Kindergarten pc Ranch Dressing!!! Garden Salad *** Milk Chocolate ff***	May - 26 Pepperoni Pizza !!! Corn*** Applesauce *** Milk 1% white *** + for Kindergarten Cheese sauce bag Broccoli Florets *** Milk Chocolate ff***
May - 29 MEMORIAL DAY No lunch	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.