

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3 WAFFLES Whole Grai OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Apr - 4 MUFFINS,BLUE BER OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Apr - 5 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Apr - 6 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Apr - 7 School Holiday
Apr - 10 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Apr - 11 Banana Pancakes OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Apr - 12 FRUDELS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Apr - 13 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Apr - 14 School Holiday
Apr - 17 BREAKFAST BAR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Apr - 18 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES KETCHUP picante MILK,1% Lowfat Choc Milk	Apr - 19 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Apr - 20 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Apr - 21 School Holiday
Apr - 24 Mini Cinnis OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Apr - 25 BREAKFAST BITES OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Apr - 26 E. Muff.W/Egg&Chees OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Apr - 27 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Apr - 28 School Holiday

This institution is an equal opportunity provider

**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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3 CORN DOG Sweet Potatoe Circles APPLES, Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Apr - 4 Chicken Strips MASHED POTATOES White Gravy CHERRY CRISP MILK - Variety Lunch	Apr - 5 BEEF & BEAN TAMAL BLACK-EYED PEAS FRUIT COCKTAIL MILK - Variety Lunch picante sauce	Apr - 6 Sausage Pizza BROCCOLI Fruit cocktail /w JELLO MILK - Variety Lunch Sherbet Cup	Apr - 7 School Holiday
Apr - 10 CHICKEN FAJITAS GREEN BEANS APPLES, Fresh MILK - Variety Lunch Chocolate Chip Cookie	Apr - 11 Hot Dog on a Bun CARROT BABY STIC Relish AMBROSIA FRUIT SA MILK - Variety Lunch MUSTARD KETCHUP RANCH DRESSING	Apr - 12 FRITO CHILI PIE Blackeyed Peas Dry BANANAS MILK - Variety Lunch	Apr - 13 CHICKEN SALAD Whole Wheat Bread ORANGES CELERY STICKS MILK - Variety Lunch Ranch Dressing PPI	Apr - 14 School Holiday
Apr - 17 CRISPITOS CHEESE SAUCE BROCCOLI FRUIT COCKTAIL MILK - Variety Lunch picante sauce	Apr - 18 LITTLE SMOKIES MACARONI AND CHE GREEN BEANS Pears Diced MILK - Variety Lunch	Apr - 19 TUNA SALAD Whole Wheat Bread CARROT BABY STIC ORANGES MILK - Variety Lunch	Apr - 20 Cheese Pizza CORN AMBROSIA FRUIT SA MILK - Variety Lunch RANCH DRESSING	Apr - 21 School Holiday
Apr - 24 STEAK FINGERS MASHED POTATOES White Gravy FRUIT COCKTAIL MILK - Variety Lunch	Apr - 25 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch MARGRINE CUP	Apr - 26 CHICKEN ALFREDO CARROTS APPLES, Fresh HOT ROLL MILK - Variety Lunch MARGRINE CUP	Apr - 27 CHEESEBURGER ON vegie beans Pineapple Tidbits MILK - Variety Lunch	Apr - 28 School Holiday

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