

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
			Dec - 1 FRENCH TOAST OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN SYRUP,IND. JELLY MILK,1% Low fat Choc Milk	Dec - 2 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk
Dec - 5 WAFFLES Whole Grain OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk SYRUP,IND.	Dec - 6 MUFFINS,BLUE BERRY OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN MILK,1% Low fat Choc Milk JELLY	Dec - 7 SCRAMBLED EGGS OR CEREAL ASSORTE TOAST,RAISIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk JELLY	Dec - 8 DONUT OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk	Dec - 9 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk
Dec - 12 LONG JOHNS OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN MILK,1% Low fat Choc Milk	Dec - 13 Banana Pancakes OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN SYRUP,IND. MILK,1% Low fat Choc Milk	Dec - 14 BREAKFAST BURRITO OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN MILK - Variety Lunch picante JELLY	Dec - 15 FRUDELS OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk	Dec - 16 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk
Dec - 19 BREAKFAST BAR OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk	Dec - 20 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk	Dec - 21 School Holiday	Dec - 22 School Holiday	Dec - 23 School Holiday
Dec - 26 School Holiday	Dec - 27 School Holiday	Dec - 28 School Holiday	Dec - 29 School Holiday	Dec - 30 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
			Dec - 1 BEEF & BEAN TAMALES BLACK-EYED PEAS FRUIT COCKTAIL MILK - Variety Lunch picante sauce	Dec - 2 HAMBURGER ON A BU Sweet Potatoe Circles Pineapple Tidbits PICKLE, SPEARS MILK - Variety Lunch KETCHUP MUSTARD
Dec - 5 NACHOS WITH GROUND Pears Diced PINTO BEANS MILK - Variety Lunch	Dec - 6 CHICKEN FRIED STEAK MASHED POTATOES COUNTRY GRAVY ROSSI APPLE SAUCE MILK - Variety Lunch	Dec - 7 TACO SALAD LETTUCE W/ TOMATO PEAR JELLO MILK - Variety Lunch picante sauce	Dec - 8 MR. RIB SANDWICH CARROT BABY STICK Peaches, Diced MILK - Variety Lunch BARBECUE SAUCE Ranch Dressing PFI	Dec - 9 PEPPERONI PIZZA GREEN BEANS AMBROSIA FRUIT SALAD MILK - Variety Lunch
Dec - 12 Burritos Beef & Bean CHEESE SAUCE CHILI BEANS Pineapple Tidbits MILK - Variety Lunch	Dec - 13 CHILI DOGS FRENCH FRIES PICKLE, SPEARS FRUIT COCKTAIL MILK - Variety Lunch KETCHUP	Dec - 14 SPAGHETTI AND MEAT CINNAMON, APPLES Lu CARROTS MILK - Variety Lunch	Dec - 15 TOSTADOS, BEAN LETTUCE W/ TOMATO FRUIT SALAD MILK - Variety Lunch picante	Dec - 16 BARBECUED CHICKEN CORN PEARS, FRESH HOT ROLL MILK - Variety Lunch
Dec - 19 VEGETABLE BEEF SOUP CHEESE STICKS PEARS DICED* Cinnamon Rolls Pur. CRACKERS MILK - Variety Lunch	Dec - 20 CHICKEN NUGGETS FRENCH FRIES FRUIT SALAD MILK - Variety Lunch KETCHUP	Dec - 21 School Holiday	Dec - 22 School Holiday	Dec - 23 School Holiday
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