

# Perkins-Tryon School

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| Jan - 2<br><br>School Holiday  | Jan - 3<br><br>School Holiday   | Jan - 4<br><br>FRENCH TOAST<br>OR CEREAL ASSORTE<br>FRUIT JUICE ASSORTE<br>ORANGES<br>TOAST, WHOLE GRAIN<br>SYRUP,IND.<br>JELLY<br>MILK,1% Low fat<br>Choc Milk | Jan - 5<br><br>SCRAMBLED EGGS<br>OR CEREAL ASSORTE<br>TOAST,RAISIN<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk<br>JELLY    | Jan - 6<br><br>GRAVY SAUSAGE<br>OR CEREAL ASSORTE<br>BISCUITS<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk  |
| Jan - 9<br><br>Mini Cinnis<br>OR CEREAL ASSORTE<br>TOAST, WHOLE GRAIN<br>FRUIT JUICE ASSORTE<br>ORANGES<br>JELLY<br>MILK,1% Low fat<br>Choc Milk | Jan - 10<br><br>BREAKFAST BITES<br>OR CEREAL ASSORTE<br>TOAST WHOLE WHEA<br>FRUIT JUICE ASSORTE<br>ORANGES<br>SYRUP,IND.<br>JELLY<br>MILK,1% Low fat<br>Choc Milk | Jan - 11<br><br>E. Muff.W/Egg&Cheese<br>OR CEREAL ASSORTE<br>TOAST, WHOLE GRAIN<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk               | Jan - 12<br><br>CINNAMON RAISIN BIS<br>OR CEREAL ASSORTE<br>FRUIT JUICE ASSORTE<br>ORANGES<br>TOAST, WHOLE GRAIN<br>MILK,1% Low fat<br>Choc Milk | Jan - 13<br><br>GRAVY SAUSAGE<br>OR CEREAL ASSORTE<br>BISCUITS<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk |
| Jan - 16<br><br>Professional Day   | Jan - 17<br><br>OATMEAL<br>OR CEREAL ASSORTE<br>FRUIT JUICE ASSORTE<br>ORANGES<br>CINNAMON TOAST<br>JELLY<br>MILK,1% Low fat<br>Choc Milk                         | Jan - 18<br><br>PANCAKES WHOLE W<br>OR CEREAL ASSORTE<br>FRUIT JUICE ASSORTE<br>ORANGES<br>TOAST, WHOLE GRAIN<br>MARGRINE PATTY<br>MILK,1% Low fat<br>Choc Milk | Jan - 19<br><br>HONEY BUN<br>OR CEREAL ASSORTE<br>TOAST, WHOLE GRAIN<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk           | Jan - 20<br><br>GRAVY SAUSAGE<br>OR CEREAL ASSORTE<br>BISCUITS<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk |
| Jan - 23<br><br>Ham & Cheese Bagle<br>OR CEREAL ASSORTE<br>TOAST WHOLE WHEA<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk    | Jan - 24<br><br>SCRAMBLED EGGS<br>OR CEREAL ASSORTE<br>TOAST, WHOLE GRAIN<br>FRUIT JUICE ASSORTE<br>ORANGES<br>JELLY<br>MILK,1% Low fat<br>Choc Milk              | Jan - 25<br><br>DONUT<br>OR CEREAL ASSORTE<br>TOAST, WHOLE GRAIN<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk                              | Jan - 26<br><br>SAUSAGE EGG BISCUI<br>OR CEREAL ASSORTE<br>TOAST, WHOLE GRAIN<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk  | Jan - 27<br><br>GRAVY SAUSAGE<br>OR CEREAL ASSORTE<br>BISCUITS<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk |
| Jan - 30<br><br>LONG JOHNS<br>OR CEREAL ASSORTE<br>FRUIT JUICE ASSORTE<br>ORANGES<br>TOAST, WHOLE GRAIN<br>MILK,1% Low fat<br>Choc Milk          | Jan - 31<br><br>RICE,COOKED BROWN<br>OR CEREAL ASSORTE<br>CINNAMON TOAST<br>FRUIT JUICE ASSORTE<br>ORANGES<br>MILK,1% Low fat<br>Choc Milk                        |   |  |  |

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.

# Perkins-Tryon School

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Nov 21, 2016

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| Jan - 2<br><br>School Holiday  | Jan - 3<br><br>School Holiday   | Jan - 4<br><br>CORN DOG<br>Sweet Potatoe Circles<br>APPLES, Fresh<br>MILK - Variety Lunch<br>MUSTARD<br>KETCHUP<br>Vanilla Pudding | Jan - 5<br><br>Chicken Strips<br>MASHED POTATOES<br>White Gravy<br>CHERRY CRISP<br>MILK - Variety Lunch                 | Jan - 6<br><br>Sausage Pizza<br>BROCCOLI, raw<br>Fruit cocktail /w JELLO<br>MILK - Variety Lunch<br>Sherbet Cup               |
| Jan - 9<br><br>CHICKEN FAJITAS<br>GREEN BEANS<br>APPLES, Fresh<br>MILK - Variety Lunch<br>Chocolate Chip Cookie                      | Jan - 10<br><br>Hot Dog on a Bun<br>CARROT BABY STICK<br>Relish<br>AMBROSIA FRUIT SAL<br>MILK - Variety Lunch<br>MUSTARD<br>KETCHUP<br>RANCH DRESSING | Jan - 11<br><br>FRITO CHILI PIE<br>Blackeyed Peas Dry<br>BANANAS<br>MILK - Variety Lunch   | Jan - 12<br><br>CRISPITOS<br>CHEESE SAUCE<br>BROCCOLI<br>FRUIT COCKTAIL<br>MILK - Variety Lunch<br>picante sauce        | Jan - 13<br><br>HOT TURKEY SANDWI<br>GRAVY, TURKEY<br>MASHED POTATOES<br>STRAWBERRIES<br>MILK - Variety Lunch<br>MARGRINE CUP |
| Jan - 16<br><br>Professional Day   | Jan - 17<br><br>LITTLE SMOKIES<br>MACARONI AND CHEE<br>GREEN BEANS<br>Peaches, Diced<br>MILK - Variety Lunch  | Jan - 18<br><br>BARBECUED CHICKEN<br>CORN<br>PEARS, FRESH<br>HOT ROLL<br>MILK - Variety Lunch                                      | Jan - 19<br><br>CHICKEN ENCHILIDAS<br>CHILI BEANS<br>APPLES, Fresh<br>MILK - Variety Lunch                              | Jan - 20<br><br>Cheese Pizza<br>CARROTS<br>AMBROSIA FRUIT SAL<br>MILK - Variety Lunch<br>RANCH DRESSING                       |
| Jan - 23<br><br>STEAK FINGERS<br>MASHED POTATOES<br>White Gravy<br>FRUIT COCKTAIL<br>MILK - Variety Lunch                            | Jan - 24<br><br>Cheeseburger Macaron<br>GREEN BEANS<br>Peaches, Diced<br>Whole Wheat Bread<br>MILK - Variety Lunch<br>MARGRINE CUP                    | Jan - 25<br><br>CHICKEN ALFREDO<br>BROCCOLI<br>APPLES, Fresh<br>HOT ROLL<br>MILK - Variety Lunch<br>MARGRINE CUP                   | Jan - 26<br><br>CHILI<br>CRACKERS<br>CARROT BABY STICK<br>Pears Diced<br>MILK - Variety Lunch<br>Ranch Dressing/Law ry' | Jan - 27<br><br>CHEESEBURGER ON A<br>vegie beans<br>Pineapple Tidbits<br>MILK - Variety Lunch                                 |
| Jan - 30<br><br>CHICKEN NUGGETS<br>MASHED POTATOES<br>White Gravy<br>Peaches, Diced<br>MILK - Variety Lunch<br>Chocolate Chip Cookie | Jan - 31<br><br>GRILLED CHEESE SAN<br>TOMATOE SOUP<br>FRUIT COCKTAIL<br>MILK - Variety Lunch  |  |   |   |

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