

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1  RICE,COOKED BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Mar - 2  SOFT PRETZLES OR CEREAL ASSORT TOAST, WHOLE GRA CHEESE SAUCE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Mar - 3  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Mar - 6  FRENCH TOAST STI OR CEREAL ASSORT TOAST, FOR CEREAL FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Mar - 7  EGG AND POTATOE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY KETCHUP	Mar - 8  CINNAMON ROLLS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Mar - 9  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 10  School Holiday
Mar - 13  SPRING BREAK WEE	Mar - 14	Mar - 15	Mar - 16	Mar - 17
Mar - 20  DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 21  E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Mar - 22  SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Mar - 23  HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 24  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Mar - 27  LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Mar - 28  Egg Biscuit OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Mar - 29  OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Mar - 30  FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Mar - 31  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1  LASAGNA WITH GRO BLACK-EYED PEAS Peaches, Diced MILK - Variety Lunch	Mar - 2  TURKEY AND NOODL BROCCOLI,raw STRAWBERRIES HOT ROLL MARGRINE CUP MILK - Variety Lunch	Mar - 3  Cheese Pizza CARROT BABY STIC FRUIT COCKTAIL Sherbet Cup MILK - Variety Lunch
Mar - 6  CHICKEN POT PIE Diced Carrots ROSSI APPLESAUCE MILK - Variety Lunch	Mar - 7  FISH NUGGETS COLE SLAW Pineapple Tidbits MILK - Variety Lunch TARTER SAUCE KETCHUP	Mar - 8  Ravioli,Beef GREEN BEANS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Mar - 9  CHICKEN NUGGETS MASHED POTATOES COUNTRY GRAVY PEARS DICED* MILK - Variety Lunch KETCHUP	Mar - 10  School Holiday
Mar - 13  SPRING BREAK WEE	Mar - 14	Mar - 15	Mar - 16	Mar - 17
Mar - 20  CRISPITOS CHEESE SAUCE CHILI BEANS FRUIT COCKTAIL MILK - Variety Lunch	Mar - 21  SMOKIES WITH BEA Corn Bread Dry Mix CARROT BABY STIC PEARS DICED* MILK - Variety Lunch	Mar - 22  HAM WITH MACARO GREEN BEANS Pineapple Tidbits MILK - Variety Lunch	Mar - 23  TURKEY POT PIE MIXED VEGETABLES CINNAMON,APPLES MILK - Variety Lunch	Mar - 24  PEPPERONI PIZZA SALAD Pineapple Tidbits CHOCOLATE PUDDI MILK - Variety Lunch
Mar - 27  COOKS CHOICE NO	Mar - 28  NACHOS WITH GRO Pears Diced PINTO BEANS MILK - Variety Lunch	Mar - 29  CHILI DOGS FRENCH FRIES PICKLE,SPEARS Pineapple Tidbits MILK - Variety Lunch KETCHUP	Mar - 30  TOSTADOS, BEAN LETTUCE W/ TOMAT FRUIT SALAD MILK - Variety Lunch picante	Mar - 31  CHICKEN BUGER CR CELERY STICKS Peaches, Diced MILK - Variety Lunch KETCHUP SALAD DRESSING Ranch Dressing/Lawry'

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