

Perkins-Tryon School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | Nov - 1 DONUT OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk | Nov - 2 CHEESE HASH BROWN OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN MILK,1% Low fat Choc Milk | Nov - 3 SOFT PRETZLES OR CEREAL ASSORTE TOAST, WHOLE GRAIN CHEESE SAUCE FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk JELLY | Nov - 4 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk |
| Nov - 7 FRENCH TOAST STICK OR CEREAL ASSORTE TOAST, FOR CEREAL FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk SYRUP,IND. | Nov - 8 RICE, COOKED BROWN OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES CINNAMON TOAST JELLY MILK,1% Low fat Choc Milk | Nov - 9 EGG AND POTATOE O OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN MILK,1% Low fat Choc Milk JELLY KETCHUP | Nov - 10 CINNAMON ROLLS OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES JELLY MILK,1% Low fat Choc Milk | Nov - 11 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk |
| Nov - 14 DONUT OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk | Nov - 15 E Muff.W/Ham&Egg OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN JELLY MILK,1% Low fat Choc Milk | Nov - 16 SCRAMBLED EGGS OR CEREAL ASSORTE TOAST,RAISIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk JELLY | Nov - 17 HONEY BUN OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk | Nov - 18 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK,1% Low fat Choc Milk |
| Nov - 21 School Holiday | Nov - 22 School Holiday | Nov - 23 School Holiday | Nov - 24 School Holiday | Nov - 25 School Holiday |
| Nov - 28 LONG JOHNS OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN MILK,1% Low fat Choc Milk | Nov - 29 * * Egg Biscuit OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES JELLY MILK,1% Low fat Choc Milk | Nov - 30 OATMEAL OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES CINNAMON TOAST JELLY MILK,1% Low fat 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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|---|--|--|--|--|
| | Nov - 1 BARBECUED BEEF ON CORN AMBROSIA FRUIT SAL MILK - Variety Lunch | Nov - 2 HOAGIE BUN vegie beans ORANGES MILK - Variety Lunch SALAD DRESSING MUSTARD | Nov - 3 TURKEY AND NOODLE BROCCOLI,raw STRAWBERRIES HOT ROLL MARGRINE CUP MILK - Variety Lunch | Nov - 4 Cheese Pizza CARROT BABY STICK FRUIT COCKTAIL Sherbet Cup MILK - Variety Lunch |
| Nov - 7 CHICKEN POT PIE Diced Carrots ROSSI APPLESAUCE MILK - Variety Lunch | Nov - 8 FISH NUGGETS COLE SLAW Pineapple Tidbits MILK - Variety Lunch TARTER SAUCE KETCHUP | Nov - 9 LASAGNA WITH GROU BLACK-EYED PEAS Peaches, Diced MILK - Variety Lunch | Nov - 10 CHICKEN NUGGETS MASHED POTATOES COUNTRY GRAVY PEARS DICED* MILK - Variety Lunch KETCHUP | Nov - 11 STEAK BURGER BROCCOLI,raw Peaches, Diced MILK - Variety Lunch SALAD DRESSING Ranch Dressing/Law ry! |
| Nov - 14 Soft Chicken Taco LETTUCE W/ TOMATOE AMBROSIA FRUIT SAL MILK - Variety Lunch | Nov - 15 Ravioli,Beef GREEN BEANS APPLESAUCE,SWEETE HOT ROLL MILK - Variety Lunch MARGRINE CUP | Nov - 16 CRISPITOS CHEESE SAUCE CHILI BEANS FRUIT COCKTAIL MILK - Variety Lunch | Nov - 17 TURKEY POT PIE MIXED VEGETABLES CINNAMON,APPLES Lu MILK - Variety Lunch | Nov - 18 PEPPERONI PIZZA SALAD Pineapple Tidbits CHOCOLATE PUDDING MILK - Variety Lunch |
| Nov - 21 School Holiday | Nov - 22 School Holiday | Nov - 23 School Holiday | Nov - 24 School Holiday | Nov - 25 School Holiday |
| Nov - 28 CHICKEN NUGGETS FRENCH FRIES FRUIT SALAD MILK - Variety Lunch KETCHUP | Nov - 29 TACO,BEEF LETTUCE W/ TOMATOE PEARS DICED* BROWNIES MILK - Variety Lunch picante sauce | Nov - 30 CHICKEN & RICE BROCCOLI,raw ROSSI APPLESAUCE HOT ROLL MILK - Variety Lunch MARGRINE CUP | | |

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