

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Oct - 4 RICE,COOKED BRO OR CEREAL ASSORT CINNAMON TOAST FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 5 MUFFINS,BANANA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 6 BREAKFAST PUP OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Oct - 7 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 10 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Oct - 11 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 12 BREAKFAST PITA OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 13 BLUEBERRY PANCA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 14 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 17 OATMEAL MUFFIN S OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 18 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 19 Parent Teacher Con	Oct - 20 School Holiday	Oct - 21 School Holiday
Oct - 24 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 25 SAUSAGE BISCUIT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 26 BREAKFAST BITES OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 27 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Oct - 28 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 31 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY 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
Oct - 3  CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Oct - 4  GRILLED CHEESE SA TOMATOE SOUP FRUIT COCKTAIL MILK - Variety Lunch	Oct - 5  TACO PIE WITH BEA BLACK-EYED PEAS PEARS DICED* MILK - Variety Lunch	Oct - 6  SALISBURY STEAK CELERY STICKS BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Oct - 7  CHAR BURGER Sweet Potatoe Circles APPLES,Fresh MILK - Variety Lunch
Oct - 10  CORN DOG vegie beans Peaches, Diced MILK - Variety Lunch	Oct - 11  CHICKEN AND NOOD GREEN BEANS ROSSI APPLESAUCE Chocolate Pudding MILK - Variety Lunch	Oct - 12  SOFT TACO LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch picante sauce Oatmeal Cookie	Oct - 13  BAKED POTATO W/ c CHEESE SHREDDED CHILI BANANAS MILK - Variety Lunch MARGRINE CUP	Oct - 14  PEPPERONI PIZZA SALAD PEARS DICED* MILK - Variety Lunch Ranch Dressing PPI
Oct - 17  SMOKIES WITH BEA Corn Bread Dry Mix CARROT BABY STIC FRUIT SALAD MILK - Variety Lunch	Oct - 18  Sausage Pizza Blackeyed-Peas CINNAMON,APPLES MILK - Variety Lunch KETCHUP	Oct - 19  Parent Teacher Con	Oct - 20  School Holiday	Oct - 21  School Holiday
Oct - 24  CHICKEN TETRAZZIN SALAD ROSSI APPLESAUCE MILK - Variety Lunch	Oct - 25  Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch	Oct - 26  HAM,SLICE SCALLOP POTATOE FRUIT SALAD HOT ROLL MILK - Variety Lunch MARGRINE CUP	Oct - 27  HAMBUGER PIE Diced Carrots ORANGES MILK - Variety Lunch	Oct - 28  CHEESEBURGER ON vegie beans Pineapple Tidbits MILK - Variety Lunch SALAD DRESSING
Oct - 31  GROUND BEEF STR GREEN BEANS ROSSI APPLESAUCE MILK - Variety Lunch CHOCOLATE PUDDI				

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