

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1 MUFFINS, BANANA OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES JELLY MILK, 1% Low fat Choc Milk	Feb - 2 BREAKFAST PUP OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN SYRUP, IND. MILK, 1% Low fat Choc Milk	Feb - 3 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk
Feb - 6 E Muff. W/Ham&Egg OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN JELLY MILK, 1% Low fat Choc Milk	Feb - 7 FRENCH TOAST OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN SYRUP, IND. JELLY MILK, 1% Low fat Choc Milk	Feb - 8 BREAKFAST PITA OR CEREAL ASSORTE TOAST, RAISIN FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk	Feb - 9 PANCAKES WHOLE W OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES TOAST, WHOLE GRAIN MARGRINE PATTY MILK, 1% Low fat Choc Milk	Feb - 10 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk
Feb - 13 OATMEAL MUFFIN SQU OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES JELLY MILK, 1% Low fat Choc Milk	Feb - 14 ENGLISH MUFF SAU/E OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk	Feb - 15 SAUSAGE EGG, SCRA OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk JELLY	Feb - 16 Cinnamon Rolls Pur. OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES JELLY MILK, 1% Low fat Choc Milk	Feb - 17 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk
Feb - 20 Professional Day	Feb - 21 SAUSAGE BISCUIT OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk	Feb - 22 BREAKFAST BITES OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES SYRUP, IND. JELLY MILK, 1% Low fat Choc Milk	Feb - 23 OATMEAL OR CEREAL ASSORTE FRUIT JUICE ASSORTE ORANGES CINNAMON TOAST JELLY MILK, 1% Low fat Choc Milk	Feb - 24 GRAVY SAUSAGE OR CEREAL ASSORTE BISCUITS FRUIT JUICE ASSORTE ORANGES MILK, 1% Low fat Choc Milk
Feb - 27 HAM AND EGG SCRAM OR CEREAL ASSORTE FRUIT JUICE ASSORTE TOAST, WHOLE GRAIN ORANGES JELLY MILK, 1% Low fat Choc Milk	Feb - 28 DONUT OR CEREAL ASSORTE TOAST, WHOLE GRAIN FRUIT JUICE ASSORTE ORANGES 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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Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1 TACO PIE WITH BEANS BLACK-EYED PEAS PEARS DICED* MILK - Variety Lunch	Feb - 2 SALISBURY STEAK CELERY STICKS BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Feb - 3 PEPPERONI PIZZA SALAD AMBROSIA FRUIT SAL MILK - Variety Lunch Ranch Dressing PPI
Feb - 6 CORN DOG vegie beans Peaches, Diced MILK - Variety Lunch	Feb - 7 CHICKEN AND NOODLE GREEN BEANS ROSSI APPLESAUCE Chocolate Pudding MILK - Variety Lunch	Feb - 8 SOFT TACO LETTUCE W/ TOMATOE AMBROSIA FRUIT SAL MILK - Variety Lunch picante sauce Oatmeal Cookie	Feb - 9 VEGETABLE BEEF SOU CHEESE STICKS PEARS DICED* Cinnamon Rolls Pur. CRACKERS MILK - Variety Lunch	Feb - 10 CHAR BURGER Sweet Potatoe Circles FRUIT COCKTAIL MILK - Variety Lunch
Feb - 13 SMOKIES WITH BEANS Corn Bread Dry Mix CARROT BABY STICK FRUIT SALAD MILK - Variety Lunch	Feb - 14 CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Feb - 15 HAM WITH MACARONI GREEN BEANS Pineapple Tidbits MILK - Variety Lunch	Feb - 16 SLOPPY JOE ON A BU FRENCH FRIES Peaches, Diced MILK - Variety Lunch	Feb - 17 Sausage Pizza Blackeyed-Peas CINNAMON,APPLES Lu MILK - Variety Lunch KETCHUP
Feb - 20 Professional Day	Feb - 21 CHICKEN TETRAZZINI SALAD ROSSI APPLESAUCE MILK - Variety Lunch	Feb - 22 Cheeseburger Macaron GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch	Feb - 23 HAM,SLICE SCALLOP POTATOES FRUIT SALAD HOT ROLL MILK - Variety Lunch MARGRINE CUP	Feb - 24 CHEESEBURGER ON A vegie beans Pineapple Tidbits MILK - Variety Lunch SALAD DRESSING
Feb - 27 GROUND BEEF STROG GREEN BEANS ROSSI APPLESAUCE MILK - Variety Lunch CHOCOLATE PUDDING	Feb - 28 BARBECUED BEEF ON CORN AMBROSIA FRUIT SAL MILK - Variety Lunch			

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