

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Dec - 4  WAFFLES Whole Grai OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Dec - 5  MUFFINS,BLUE BER OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Dec - 6  SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Dec - 7  DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Dec - 8  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Dec - 11  LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Dec - 12  Banana Pancakes OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Dec - 13  BREAKFAST BURRIT OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK - Variety Lunch picante JELLY	Dec - 14  FRUDELS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Dec - 15  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Dec - 18  COOKS CHOICE NO	Dec - 19  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Dec - 20  School Holiday	Dec - 21  School Holiday	Dec - 22  School Holiday
Dec - 25  School Holiday	Dec - 26  School Holiday	Dec - 27  School Holiday	Dec - 28  School Holiday	Dec - 29  School Holiday

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
				Dec - 1  HAMBURGER ON A B Sweet Potatoe Circles Pineapple Tidbits PICKLE, SPEARS MILK - Variety Lunch KETCHUP MUSTARD
Dec - 4  NACHOS WITH GRO Pears Diced PINTO BEANS MILK - Variety Lunch	Dec - 5  CHICKEN FRIED STE MASHED POTATOES COUNTRY GRAVY ROSSI APPLESAUCE MILK - Variety Lunch	Dec - 6  TACO SALAD LETTUCE W/ TOMAT PEAR JELLO MILK - Variety Lunch picante sauce	Dec - 7  MR. RIB SANDWICH CARROT BABY STIC Peaches, Diced MILK - Variety Lunch BARBECUE SAUCE Ranch Dressing PPI	Dec - 8  PEPPERONI PIZZA GREEN BEANS AMBROSIA FRUIT SA MILK - Variety Lunch
Dec - 11  Burritos Beef&Bean CHEESE, SAUCE CHILI BEANS Pineapple Tidbits MILK - Variety Lunch	Dec - 12  CHILI DOGS FRENCH FRIES PICKLE, SPEARS FRUIT COCKTAIL MILK - Variety Lunch KETCHUP	Dec - 13  SPAGHETTI AND ME CINNAMON, APPLES CARROTS MILK - Variety Lunch	Dec - 14  TOSTADOS, BEAN LETTUCE W/ TOMAT FRUIT SALAD MILK - Variety Lunch picante	Dec - 15  CHICKEN BUGER CR CELERY STICKS Peaches, Diced MILK - Variety Lunch KETCHUP SALAD DRESSING Ranch Dressing/Lawry'
Dec - 18  COOKS CHOICE NO	Dec - 19  CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Dec - 20  School Holiday	Dec - 21  School Holiday	Dec - 22  School Holiday
Dec - 25  School Holiday	Dec - 26  School Holiday	Dec - 27  School Holiday	Dec - 28  School Holiday	Dec - 29  School Holiday

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