

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 SAUSAGE EGG BISC OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 2 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 5 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Feb - 6 RICE,COOKED BRO OR CEREAL ASSORT CINNAMON TOAST FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 7 MUFFINS,BANANA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Feb - 8 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 9 HOLIDAY
Feb - 12 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Feb - 13 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Feb - 14 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CRAISINS TOAST WHOLE WHE JELLY MILK,1% Lowfat Choc Milk	Feb - 15 BLUEBERRY PANCA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Feb - 16 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 19 Professional Day	Feb - 20 ENGLISH MUFF SAU/ OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 21 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Feb - 22 Cinnamon Rolls Pur. OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Feb - 23 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 26 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 27 SAUSAGE BISCUIT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 28 BREAKFAST BITES OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. 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.

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 CHILI CRACKERS CARROT BABY STIC Pears Diced MILK - Variety Lunch Ranch Dressing/Lawry'	Feb - 2 Pulled Pork Blackeyed-Peas STRAWBERRIES MILK, 1% Lowfat Choc Milk
Feb - 5 SOFT TACO LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch picante sauce Oatmeal Cookie	Feb - 6 GRILLED CHEESE SA TOMATO SOUP FRUIT COCKTAIL MILK - Variety Lunch	Feb - 7 TACO PIE WITH BEA BLACK-EYED PEAS PEARS DICED* MILK - Variety Lunch	Feb - 8 PEPPERONI PIZZA GREEN BEANS APPLESAUCE, SWEE MILK - Variety Lunch	Feb - 9 HOLIDAY
Feb - 12 CORN DOG vegie beans Pears Diced MILK - Variety Lunch	Feb - 13 SALISBURY STEAK SALAD BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Feb - 14 CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch	Feb - 15 BAKED POTATO W/ c CHEESE SHREDDED CHILI BANANAS CRACKERS MILK - Variety Lunch MARGRINE CUP	Feb - 16 CHAR BURGER Sweet Potatoe Circles FRUIT COCKTAIL MILK - Variety Lunch
Feb - 19 Parent Teacher Con	Feb - 20 HAM WITH MACARO GREEN BEANS Pineapple Tidbits MILK - Variety Lunch	Feb - 21 SLOPPY JOE ON A B SALAD, TOSSED Peaches, Diced MILK - Variety Lunch	Feb - 22 Cheeseburger Macaro CARROTS PEARS DICED* Whole Wheat Bread MILK - Variety Lunch	Feb - 23 Sausage Pizza Blackeyed-Peas CINNAMON, APPLES MILK - Variety Lunch KETCHUP
Feb - 26 CHICKEN TETRAZZIN BROCCOLI, raw ROSSI APPLESAUCE MILK - Variety Lunch	Feb - 27 HAMBUGER PIE Diced Carrots ORANGES MILK - Variety Lunch	Feb - 28 Soft Chicken Taco LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch		

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.