

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HOLIDAY	Jan - 2 HOLIDAY	Jan - 3 WAFFLES Whole Grai OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Jan - 4 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 5 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 8 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Jan - 9 PANCAKES WHOLE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MARGRINE PATTY MILK,1% Lowfat Choc Milk	Jan - 10 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Jan - 11 MUFFINS,BLUE BER OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Jan - 12 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 15 BREAKFAST PIZZA O OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Jan - 16 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Jan - 17 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES KETCHUP picante MILK,1% Lowfat Choc Milk	Jan - 18 BREAKFAST PUP OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Jan - 19 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 22 Mini Cinnis OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Jan - 23 BREAKFAST BITES OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Jan - 24 E. Muff.W/Egg&Chees OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 25 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 26 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 29 Ham &Cheese Bagle OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 30 SCRAMBLED EGGS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Jan - 31 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES 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
Jan - 1 School Holiday	Jan - 2 School Holiday	Jan - 3 Ravioli,Beef PEAS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Jan - 4 CHICKEN FAJITAS LETTUCE W/ TOMAT APPLES,Fresh MILK - Variety Lunch Chocolate Chip Cookie	Jan - 5 HAMBURGER ON A B Sweet Potatoe Circles Pineapple Tidbits PICKLE,SPEARS MILK - Variety Lunch KETCHUP MUSTARD
Jan - 8 CRISPITOS CHEESE SAUCE BROCCOLI FRUIT COCKTAIL MILK - Variety Lunch picante sauce	Jan - 9 CORN DOG Sweet Potatoe Circles APPLES,Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Jan - 10 MR. RIB SANDWICH CARROT BABY STIC Peaches, Diced MILK - Variety Lunch BARBECUE SAUCE Ranch Dressing PPI	Jan - 11 TACO PIE WITH BEA BLACK-EYED PEAS PEARS DICED* MILK - Variety Lunch	Jan - 12 PEPPERONI PIZZA GREEN BEANS AMBROSIA FRUIT SA MILK - Variety Lunch
Jan - 15 CHICKEN TETRAZZIN SALAD ROSSI APPLESAUCE MILK - Variety Lunch	Jan - 16 Hot Dog on a Bun CARROT BABY STIC Relish AMBROSIA FRUIT SA MILK - Variety Lunch MUSTARD KETCHUP RANCH DRESSING	Jan - 17 FRITO CHILI PIE Blackeyed Peas Dry BANANAS MILK - Variety Lunch	Jan - 18 CRISPITOS CHEESE SAUCE BROCCOLI FRUIT COCKTAIL MILK - Variety Lunch picante sauce	Jan - 19 HOT TURKEY SAND GRAVY,TURKEY MASHED POTATOES STRAWBERRIES MILK - Variety Lunch MARGRINE CUP
Jan - 22 LITTLE SMOKIES MACARONI AND CHE GREEN BEANS Pears Diced MILK - Variety Lunch	Jan - 23 HAM SANDWICH LETTUCE W/ TOMAT PICKLE,SPEARS BANANAS MILK - Variety Lunch SALAD DRESSING MUSTARD	Jan - 24 CHICKEN ENCHILIDA CHILI BEANS APPLES,Fresh MILK - Variety Lunch	Jan - 25 SALISBURY STEAK CELERY STICKS BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Jan - 26 Cheese Pizza CARROTS AMBROSIA FRUIT SA MILK - Variety Lunch RANCH DRESSING
Jan - 29 STEAK FINGERS MASHED POTATOES White Gravy FRUIT COCKTAIL MILK - Variety Lunch	Jan - 30 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch MARGRINE CUP	Jan - 31 CHICKEN ALFREDO BROCCOLI APPLES,Fresh HOT ROLL MILK - Variety Lunch MARGRINE CUP		

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