

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 2 Green Eggs and Ham TOAST WHOLE WHE FRUIT JUICE ASSOR MARGRINE PATTY MILK - Variety Lunch JELLY
Mar - 5 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 6 CHEESE HASH BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Mar - 7 SOFT PRETZLES OR CEREAL ASSORT TOAST, WHOLE GRA CHEESE SAUCE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Mar - 8 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 9 Parent Teacher Con
Mar - 12 FRENCH TOAST STI OR CEREAL ASSORT TOAST, FOR CEREAL FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Mar - 13 RICE,COOKED BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Mar - 14 EGG AND POTATOE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY KETCHUP	Mar - 15 CINNAMON ROLLS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Mar - 16 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Mar - 19 SPRING BREAK WEE	Mar - 20	Mar - 21	Mar - 22	Mar - 23
Mar - 26 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 27 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Mar - 28 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Mar - 29 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 30 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS 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
			Mar - 1 HAM,SLICE SCALLOP POTATOE FRUIT SALAD HOT ROLL MILK - Variety Lunch MARGRINE CUP	Mar - 2 CHEESEBURGER ON vegie beans Pineapple Tidbits MILK - Variety Lunch SALAD DRESSING
Mar - 5 GROUND BEEF STR GREEN BEANS ROSSI APPLESAUCE MILK - Variety Lunch CHOCOLATE PUDDI	Mar - 6 Pulled Pork Burger SALAD FRUIT COCKTAIL MILK,1% Lowfat Choc Milk	Mar - 7 VEGETABLE BEEF S CHEESE STICKS PEARS DICED* Cinnamon Rolls Pur. CRACKERS MILK - Variety Lunch	Mar - 8 TURKEY AND NOODL BROCCOLI,raw STRAWBERRIES HOT ROLL MARGRINE CUP MILK - Variety Lunch	Mar - 9 Parent Teacher Con
Mar - 12 CHICKEN POT PIE Diced Carrots ROSSI APPLESAUCE MILK - Variety Lunch	Mar - 13 FISH NUGGETS COLE SLAW Pineapple Tidbits MILK - Variety Lunch TARTER SAUCE KETCHUP	Mar - 14 LASAGNA WITH GRO BLACK-EYED PEAS CRAISINS MILK - Variety Lunch	Mar - 15 CHICKEN NUGGETS MASHED POTATOES COUNTRY GRAVY PEARS DICED* MILK - Variety Lunch KETCHUP	Mar - 16 STEAK BURGER BROCCOLI,raw Peaches, Diced MILK - Variety Lunch SALAD DRESSING Ranch Dressing/Lawry'
Mar - 19 SPRING BREAK WEE	Mar - 20	Mar - 21	Mar - 22	Mar - 23
Mar - 26 Ravioli,Beef PEAS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Mar - 27 CRISPITOS CHEESE SAUCE CHILI BEANS RAISINS MILK - Variety Lunch	Mar - 28 TURKEY POT PIE MIXED VEGETABLES CINNAMON,APPLES MILK - Variety Lunch	Mar - 29 LITTLE SMOKIES MACARONI AND CHE CARROTS Pears Diced MILK - Variety Lunch	Mar - 30 PEPPERONI PIZZA SALAD Pineapple Tidbits CHOCOLATE PUDDI MILK - Variety Lunch

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