

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 CHEESE HASH BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Nov - 2 SOFT PRETZLES OR CEREAL ASSORT TOAST, WHOLE GRA CHEESE SAUCE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Nov - 3 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 6 FRENCH TOAST STI OR CEREAL ASSORT TOAST, FOR CEREAL FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Nov - 7 RICE,COOKED BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Nov - 8 EGG AND POTATOE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY KETCHUP	Nov - 9 CINNAMON ROLLS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Nov - 10 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 13 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Nov - 14 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Nov - 15 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Nov - 16 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Nov - 17 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 20 THANKSGIVING BRE	Nov - 21	Nov - 22	Nov - 23	Nov - 24
Nov - 27 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Nov - 28 Egg Biscuit OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Nov - 29 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Nov - 30 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 HOAGIE BUN vegie beans ORANGES MILK - Variety Lunch SALAD DRESSING MUSTARD	Nov - 2 TURKEY AND NOODL BROCCOLI,raw STRAWBERRIES HOT ROLL MARGRINE CUP MILK - Variety Lunch	Nov - 3 Cheese Pizza CARROT BABY STIC FRUIT COCKTAIL Sherbet Cup MILK - Variety Lunch
Nov - 6 CHICKEN POT PIE Diced Carrots ROSSI APPLESAUCE MILK - Variety Lunch	Nov - 7 FISH NUGGETS COLE SLAW Pineapple Tidbits MILK - Variety Lunch TARTER SAUCE KETCHUP	Nov - 8 LASAGNA WITH GRO BLACK-EYED PEAS BANANAS MILK - Variety Lunch	Nov - 9 CHICKEN NUGGETS MASHED POTATOES COUNTRY GRAVY PEARS DICED* MILK - Variety Lunch KETCHUP	Nov - 10 STEAK BURGER BROCCOLI,raw Peaches, Diced MILK - Variety Lunch SALAD DRESSING Ranch Dressing/Lawry'
Nov - 13 BARBECUED CHICKE CORN PEARS,FRESH HOT ROLL MILK - Variety Lunch	Nov - 14 Ravioli,Beef GREEN BEANS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Nov - 15 CRISPITOS CHEESE SAUCE CHILI BEANS FRUIT COCKTAIL MILK - Variety Lunch	Nov - 16 TURKEY POT PIE MIXED VEGETABLES CINNAMON,APPLES MILK - Variety Lunch	Nov - 17 PEPPERONI PIZZA SALAD Pineapple Tidbits CHOCOLATE PUDDI MILK - Variety Lunch
Nov - 20 THANKSGIVING BRE	Nov - 21	Nov - 22	Nov - 23	Nov - 24
Nov - 27 CHICKEN NUGGETS FRENCH FRIES FRUIT SALAD MILK - Variety Lunch KETCHUP	Nov - 28 TACO,BEEF LETTUCE W/ TOMAT PEARS DICED* BROWNIES MILK - Variety Lunch picante sauce	Nov - 29 CHICKEN & RICE BROCCOLI,raw ROSSI APPLESAUCE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Nov - 30 BEEF & BEAN TAMAL BLACK-EYED PEAS FRUIT COCKTAIL MILK - Variety Lunch picante sauce	

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