

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Oct - 3 RICE, COOKED BRO OR CEREAL ASSORT CINNAMON TOAST FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 4 MUFFINS, BANANA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 5 BREAKFAST PUP OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP, IND. MILK,1% Lowfat Choc Milk	Oct - 6 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 9 E. Muff. W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Oct - 10 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP, IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 11 BREAKFAST PITA OR CEREAL ASSORT TOAST, RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 12 BLUEBERRY PANCA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP, IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 13 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 16 OATMEAL MUFFIN S OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 17 Cinnamon Rolls Pur. OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 18 Parent Teacher Con	Oct - 19 School Holiday	Oct - 20 School Holiday
Oct - 23 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 24 SAUSAGE BISCUIT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 25 BREAKFAST BITES OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP, IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 26 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Oct - 27 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 30 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Oct - 3 GRILLED CHEESE SA TOMATOE SOUP FRUIT COCKTAIL MILK - Variety Lunch	Oct - 4 TACO PIE WITH BEA BLACK-EYED PEAS PEARS DICED* MILK - Variety Lunch	Oct - 5 SALISBURY STEAK CELERY STICKS BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Oct - 6 PEPPERONI PIZZA SALAD AMBROSIA FRUIT SA MILK - Variety Lunch Ranch Dressing PPI
Oct - 9 CORN DOG vegie beans Peaches, Diced MILK - Variety Lunch	Oct - 10 CHICKEN AND NOOD GREEN BEANS ROSSI APPLESAUCE Chocolate Pudding MILK - Variety Lunch	Oct - 11 SOFT TACO LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch picante sauce Oatmeal Cookie	Oct - 12 BAKED POTATO W/ c CHEESE SHREDDDED CHILI BANANAS MILK - Variety Lunch MARGRINE CUP	Oct - 13 CHAR BURGER Sweet Potatoe Circles FRUIT COCKTAIL MILK - Variety Lunch
Oct - 16 SMOKIES WITH BEA Corn Bread Dry Mix CARROT BABY STIC FRUIT SALAD MILK - Variety Lunch	Oct - 17 Sausage Pizza Blackeyed-Peas CINNAMON,APPLES MILK - Variety Lunch KETCHUP	Oct - 18 Parent Teacher Con	Oct - 19 School Holiday	Oct - 20 School Holiday
Oct - 23 CHICKEN TETRAZZIN SALAD ROSSI APPLESAUCE MILK - Variety Lunch	Oct - 24 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch	Oct - 25 HAM,SLICE SCALLOP POTATOE FRUIT SALAD HOT ROLL MILK - Variety Lunch MARGRINE CUP	Oct - 26 HAMBURGER PIE Diced Carrots ORANGES MILK - Variety Lunch	Oct - 27 CHEESEBURGER ON vegie beans Pineapple Tidbits MILK - Variety Lunch SALAD DRESSING
Oct - 30 GROUND BEEF STR GREEN BEANS ROSSI APPLESAUCE MILK - Variety Lunch CHOCOLATE PUDDI	Oct - 31 CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie			

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