

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 WAFFLES Whole Grai OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Dec - 4 MUFFINS,BLUE BER OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Dec - 5 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Dec - 6 BREAKFAST PIZZA O OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Dec - 7 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Dec - 10 ENGLISH MUFF SAU/ OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Dec - 11 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Dec - 12 Cinnamon Rolls Pur. OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Dec - 13 Cowboy Bread OR CEREAL ASSORT CINNAMON TOAST FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Dec - 14 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Dec - 17 COOKS CHOICE NO	Dec - 18 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Dec - 19 School Holiday	Dec - 20 School Holiday	Dec - 21 School Holiday
Dec - 24 School Holiday	Dec - 25 School Holiday	Dec - 26 School Holiday	Dec - 27 School Holiday	Dec - 28 School Holiday
Dec - 31 School Holiday				

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
Dec - 3 CHICKEN FRIED STE MASHED POTATOES COUNTRY GRAVY ROSSI APPLESAUCE MILK - Variety Lunch	Dec - 4 CHICKEN FAJITAS GREEN BEANS APPLES,Fresh MILK - Variety Lunch Chocolate Chip Cookie	Dec - 5 TURKEY & SWISS SA LETTUCE W/ TOMAT ROSSI APPLESAUCE MILK - Variety Lunch SALAD DRESSING MUSTARD	Dec - 6 HAM WITH MACARO GREEN BEANS Pineapple Tidbits MILK - Variety Lunch	Dec - 7 SLOPPY JOE ON A B SALAD, TOSSED Peaches, Diced MILK - Variety Lunch
Dec - 10 BARBECUED CHICKE CORN PEARS,FRESH HOT ROLL MILK - Variety Lunch	Dec - 11 TACO SALAD LETTUCE W/ TOMAT PEAR JELLO MILK - Variety Lunch picante sauce	Dec - 12 CHICKEN NUGGETS FRENCH FRIES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Dec - 13 VEGETABLE BEEF S CHEESE STICKS PEARS DICED* Cinnamon Rolls Pur. CRACKERS MILK - Variety Lunch	Dec - 14 Pulled Pork Burger GREEN BEANS FRUIT COCKTAIL MILK, 1% Lowfat Choc Milk
Dec - 17 COOKS CHOICE NO	Dec - 18 CHEESEBURGER ON vegie beans Pineapple Tidbits MILK - Variety Lunch	Dec - 19 School Holiday	Dec - 20 School Holiday	Dec - 21 School Holiday
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