

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 4 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Feb - 5 RICE,COOKED BRO OR CEREAL ASSORT CINNAMON TOAST FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 6 MUFFINS,BANANA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Feb - 7 BREAKFAST PUP OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Feb - 8 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 11 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Feb - 12 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Feb - 13 BREAKFAST PITA OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 14 BLUEBERRY PANCA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Feb - 15 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 18 Professional Day	Feb - 19 OATMEAL MUFFIN S OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Feb - 20 ENGLISH MUFF SAU/ OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 21 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Feb - 22 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 25 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 26 SAUSAGE BISCUIT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 27 BREAKFAST BITES OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Feb - 28 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 PEPPERONI PIZZA GREEN BEANS AMBROSIA FRUIT SA MILK - Variety Lunch
Feb - 4 NACHOS WITH GRO Pears Diced PINTO BEANS MILK - Variety Lunch	Feb - 5 CHICKEN PARMESA SALAD, TOSSED FRUIT SALAD CHOCOLATE PUDDI GARLIC BREAD	Feb - 6 FRITO CHILI PIE Blackeyed-Peas BANANAS MILK - Variety Lunch	Feb - 7 CORN DOG Sweet Potatoe Circles APPLES, Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Feb - 8 CHAR BURGER vegie beans FRUIT COCKTAIL MILK - Variety Lunch
Feb - 11 CHICKEN FAJITAS GREEN BEANS APPLES, Fresh MILK - Variety Lunch Chocolate Chip Cookie	Feb - 12 CHICKEN AND NOOD BROCCOLI, raw ROSSI APPLESAUCE Chocolate Pudding MILK - Variety Lunch	Feb - 13 TACO, BEEF LETTUCE W/ TOMAT PEARS DICED* BROWNIES MILK - Variety Lunch picante sauce	Feb - 14 CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Feb - 15 Cheese Pizza CARROTS AMBROSIA FRUIT SA MILK - Variety Lunch RANCH DRESSING
Feb - 18 Parent Teacher Con	Feb - 19 TACO SALAD LETTUCE W/ TOMAT PEAR JELLO MILK - Variety Lunch picante sauce	Feb - 20 CHILI DOGS FRENCH FRIES PICKLE, SPEARS FRUIT COCKTAIL MILK - Variety Lunch KETCHUP	Feb - 21 HOT TURKEY SAND GRAVY, TURKEY MASHED POTATOES STRAWBERRIES MILK - Variety Lunch MARGRINE CUP	Feb - 22 SLOPPY JOE ON A B CARROT BABY STIC Peaches, Diced MILK - Variety Lunch
Feb - 25 LITTLE SMOKIES MACARONI AND CHE GREEN BEANS Pears Diced MILK - Variety Lunch	Feb - 26 STEAK FINGERS MASHED POTATOES White Gravy FRUIT COCKTAIL MILK - Variety Lunch	Feb - 27 TOSTADOS, BEAN LETTUCE W/ TOMAT Peaches Diced MILK - Variety Lunch picante	Feb - 28 CRISPITOS CHEESE SAUCE BROCCOLI ROSSI APPLESAUCE MILK - Variety Lunch picante sauce	

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