

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1	Jan - 2	Jan - 3 FRUDELS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 4 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 7 BREAKFAST BAR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 8 BREAKFAST PIZZA O OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Jan - 9 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Jan - 10 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES KETCHUP picante MILK,1% Lowfat Choc Milk	Jan - 11 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 14 Mini Cinnis OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Jan - 15 BREAKFAST BITES OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Jan - 16 E. Muff.W/Egg&Chees OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 17 CINNAMON RAISIN BI OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Jan - 18 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 21 School Holiday	Jan - 22 PANCAKES WHOLE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MARGRINE PATTY MILK,1% Lowfat Choc Milk	Jan - 23 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Jan - 24 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 25 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 28 Ham & Cheese Bagle OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 29 SCRAMBLED EGGS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Jan - 30 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 31 SAUSAGE EGG BISC 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
	Jan - 1	Jan - 2	Jan - 3 CHICKEN FRIED STE MASHED POTATOES COUNTRY GRAVY ROSSI APPLESAUCE MILK - Variety Lunch	Jan - 4 PEPPERONI PIZZA GREEN BEANS AMBROSIA FRUIT SA MILK - Variety Lunch
Jan - 7 Burritos Beef&Bean CHEESE, SAUCE CHILI BEANS Pineapple Tidbits MILK - Variety Lunch	Jan - 8 SPAGHETTI AND ME CINNAMON, APPLES CARROTS GARLIC BREAD MILK - Variety Lunch	Jan - 9 TOSTADOS, BEAN LETTUCE W/ TOMAT FRUIT SALAD MILK - Variety Lunch picante	Jan - 10 VEGETABLE BEEF S CHEESE STICKS PEARS DICED* Cinnamon Rolls Pur. CRACKERS MILK - Variety Lunch	Jan - 11 CHICKEN BUGER CR CELERY STICKS Peaches, Diced MILK - Variety Lunch KETCHUP SALAD DRESSING Ranch Dressing/Lawry'
Jan - 14 CORN DOGS Sweet Potatoe Circles APPLES, Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Jan - 15 Chicken Strips MASHED POTATOES White Gravy CHERRY CRISP MILK - Variety Lunch	Jan - 16 WEINER WRAPS vegie beans Peaches, Diced MILK - Variety Lunch MUSTARD KETCHUP	Jan - 17 BARBECUED CHICKE CORN SALAD, TOSSED PEARS, FRESH HOT ROLL MILK - Variety Lunch	Jan - 18 Sausage Pizza BROCCOLI, raw FRUIT COCKTAIL MILK - Variety Lunch Sherbet Cup
Jan - 21 School Holiday	Jan - 22 CHICKEN FAJITAS Fajita Vegetables APPLES, Fresh MILK - Variety Lunch Chocolate Chip Cookie	Jan - 23 FRITO CHILI PIE BLACK-EYED PEAS BANANAS MILK - Variety Lunch	Jan - 24 CHICKEN SPAGHETT CARROTS BANANAS GARLIC BREAD MILK - Variety Lunch	Jan - 25 HOT TURKEY SAND GRAVY, TURKEY MASHED POTATOES STRAWBERRIES MILK - Variety Lunch MARGRINE CUP
Jan - 28 LITTLE SMOKIES MACARONI AND CHE GREEN BEANS PEARS DICED* MILK - Variety Lunch	Jan - 29 TACO SALAD LETTUCE W/ TOMAT PEAR JELLO MILK - Variety Lunch picante sauce	Jan - 30 HAM SANDWICH LETTUCE W/ TOMAT vegie beans PICKLE, SPEARS BANANAS MILK - Variety Lunch SALAD DRESSING MUSTARD	Jan - 31 CHICKEN ENCHILIDA CHILI BEANS APPLES, Fresh MILK - Variety Lunch	

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