

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
				Mar - 1 Green Eggs and Ham TOAST WHOLE WHE FRUIT JUICE ASSOR MARGRINE PATTY MILK - Variety Lunch JELLY
Mar - 4 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY MILK,1% Lowfat Choc Milk	Mar - 5 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 6 CHEESE HASH BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Mar - 7 SOFT PRETZLES OR CEREAL ASSORT TOAST, WHOLE GRA CHEESE SAUCE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Mar - 8 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Mar - 11 FRENCH TOAST STI OR CEREAL ASSORT TOAST, FOR CEREAL FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Mar - 12 RICE,COOKED BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Mar - 13 EGG AND POTATOE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY KETCHUP	Mar - 14 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 15 Parent Teacher Con
Mar - 18 SPRING BREAK WEE	Mar - 19	Mar - 20	Mar - 21	Mar - 22
Mar - 25 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 26 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Mar - 27 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Mar - 28 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 29 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
				Mar - 1 PEPPERONI PIZZA GREEN BEANS AMBROSIA FRUIT SA MILK - Variety Lunch
Mar - 4 Hot Dog on a Bun CARROT BABY STIC Relish AMBROSIA FRUIT SA MILK - Variety Lunch MUSTARD KETCHUP RANCH DRESSING	Mar - 5 GRILLED CHEESE SA TOMATOE SOUP FRUIT COCKTAIL MILK - Variety Lunch	Mar - 6 TURKEY POT PIE MIXED VEGETABLES CINNAMON,APPLES MILK - Variety Lunch	Mar - 7 FISH NUGGETS COLE SLAW Pineapple Tidbits MILK - Variety Lunch TARTER SAUCE KETCHUP	Mar - 8 CHEESEBURGER ON vegie beans Pineapple Tidbits MILK - Variety Lunch
Mar - 11 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch MARGRINE CUP	Mar - 12 Ravioli,Beef GREEN BEANS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Mar - 13 CHICKEN NUGGETS FRENCH FRIES FRUIT SALAD MILK - Variety Lunch KETCHUP	Mar - 14 MR. RIB SANDWICH CARROT BABY STIC Peaches, Diced MILK - Variety Lunch BARBECUE SAUCE Ranch Dressing PPI	Mar - 15 School Holiday
Mar - 18 SPRING BREAK WEE	Mar - 19	Mar - 20	Mar - 21	Mar - 22
Mar - 25 CORN DOG Sweet Potatoe Circles APPLES,Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Mar - 26 Burritos Beef&Bean CHEESE,SAUCE CHILI BEANS Pineapple Tidbits MILK - Variety Lunch	Mar - 27 CHICKEN ALFREDO BROCCOLI APPLES,Fresh HOT ROLL MILK - Variety Lunch MARGRINE CUP	Mar - 28 SALISBURY STEAK CELERY STICKS BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Mar - 29 Cheese Pizza CARROTS AMBROSIA FRUIT SA MILK - Variety Lunch RANCH DRESSING

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