

# Perkins-Tryon School

## High School Breakfast

Oct 30, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 SOFT PRETZLES OR CEREAL ASSORT TOAST, WHOLE GRA CHEESE SAUCE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Nov - 2 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 5 FRENCH TOAST STI OR CEREAL ASSORT TOAST, FOR CEREAL FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Nov - 6 RICE,COOKED BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Nov - 7 EGG AND POTATOE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY KETCHUP	Nov - 8 CINNAMON ROLLS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Nov - 9 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 12 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Nov - 13 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Nov - 14 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Nov - 15 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Nov - 16 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 19 THANKSGIVING BRE	Nov - 20 THANKSGIVING BRE	Nov - 21 THANKSGIVING BRE	Nov - 22 THANKSGIVING BRE	Nov - 23 THANKSGIVING BRE
Nov - 26 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Nov - 27 Egg Biscuit OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Nov - 28 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Nov - 29 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Nov - 30 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.

# Perkins-Tryon School

## High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 TURKEY AND NOODL BROCCOLI,raw SALAD,TOSSSED STRAWBERRIES HOT ROLL MILK - Variety Lunch MARGRINE CUP Sherbet Cup	Nov - 2 CHEESE PIZZA CARROT BABY STIC SALAD,TOSSSED FRUIT COCKTAIL MILK - Variety Lunch Cherry Jello
Nov - 5 CHICKEN POT PIE Diced Carrots SALAD,TOSSSED ROSSI APPLESAUCE MILK - Variety Lunch	Nov - 6 FISH NUGGETS COLE SLAW SALAD,TOSSSED Pineapple Tidbits MILK - Variety Lunch Chocolate Chip Cookie TARTER SAUCE KETCHUP	Nov - 7 LASAGNA WITH GRO BLACK-EYED PEAS SALAD,TOSSSED Peaches, Diced MILK - Variety Lunch	Nov - 8 CHICKEN NUGGETS MASHED POTATOES SALAD,TOSSSED White Gravy Pears Diced HOT ROLL MILK - Variety Lunch MARGRINE CUP	Nov - 9 STEAK BURGER BROCCOLI,raw SALAD,TOSSSED Peaches Diced MILK - Variety Lunch SALAD DRESSING CRACKERS,GRAHAM
Nov - 12 Soft Chicken Taco LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch Chocolate Chip Cookie	Nov - 13 Ravioli,Beef GREEN BEANS SALAD,TOSSSED APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Nov - 14 CRISPITOS CHEESE, SAUCE CHILI BEANS SALAD,TOSSSED FRUIT COCKTAIL MILK - Variety Lunch	Nov - 15 TURKEY POT PIE MIXED VEGETABLES SALAD,TOSSSED CINNAMON,APPLES MILK - Variety Lunch	Nov - 16 PEPPERONI PIZZA SALAD CARROT BABY STIC Pineapple Tidbits Chocolate Pudding MILK - Variety Lunch
Nov - 19 THANKSGIVING BRE	Nov - 20 THANKSGIVING BRE	Nov - 21 THANKSGIVING BRE	Nov - 22 THANKSGIVING BRE	Nov - 23 THANKSGIVING BRE
Nov - 26 CHICKEN NUGGETS FRENCH FRIES SALAD,TOSSSED FRUIT SALAD Whole Wheat Bread MILK - Variety Lunch Sherbet Cup KETCHUP	Nov - 27 TACO,BEEF LETTUCE W/ TOMAT REFRIED BEANS PEARS DICED* BROWNIES MILK - Variety Lunch picante sauce	Nov - 28 CHICKEN & RICE BROCCOLI,raw SALAD,TOSSSED ROSSI APPLESAUCE HOT ROLL MILK - Variety Lunch MARGRINE CUP Sherbet Cup	Nov - 29 BEEF & BEAN TAMAL BLACK-EYED PEAS SALAD,TOSSSED Peaches, Diced MILK - Variety Lunch picante sauce	Nov - 30 HAMBURGER ON A B Sweet Potatoe Circles SALAD,TOSSSED Pineapple Tidbits PICKLE,SPEARS MILK - Variety Lunch KETCHUP MUSTARD

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