

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 2 SAUSAGE EGG BISC OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 3 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 6 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Feb - 7 RICE,COOKED BRO OR CEREAL ASSORT CINNAMON TOAST FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 8 MUFFINS,BANANA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Feb - 9 BREAKFAST PUP OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Feb - 10 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 13 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Feb - 14 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Feb - 15 BLUEBERRY PANCA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Feb - 16 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 17 SNOW DAY
Feb - 20 Professional Day	Feb - 21 ENGLISH MUFF SAU/ OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 22 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Feb - 23 Cinnamon Rolls Pur. OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Feb - 24 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Feb - 27 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Feb - 28 SAUSAGE BISCUIT 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
		Feb - 1 CHICKEN ALFREDO BROCCOLI APPLES, Fresh HOT ROLL MILK - Variety Lunch MARGRINE CUP	Feb - 2 CHILI CRACKERS CARROT BABY STIC Pears Diced MILK - Variety Lunch Ranch Dressing/Lawry'	Feb - 3 CHEESEBURGER ON Veggie beans Pineapple Tidbits MILK - Variety Lunch
Feb - 6 CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Feb - 7 GRILLED CHEESE SA TOMATOE SOUP FRUIT COCKTAIL MILK - Variety Lunch	Feb - 8 TACO PIE WITH BEA BLACK-EYED PEAS PEARS DICED* MILK - Variety Lunch	Feb - 9 SALISBURY STEAK CELERY STICKS BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Feb - 10 PEPPERONI PIZZA SALAD AMBROSIA FRUIT SA MILK - Variety Lunch Ranch Dressing PPI
Feb - 13 CORN DOG Veggie beans Peaches, Diced MILK - Variety Lunch	Feb - 14 CHICKEN AND NOOD GREEN BEANS ROSSI APPLESAUCE Chocolate Pudding MILK - Variety Lunch	Feb - 15 SOFT TACO LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch picante sauce Oatmeal Cookie	Feb - 16 CHAR BURGER Sweet Potatoe Circles FRUIT COCKTAIL MILK - Variety Lunch	Feb - 17 SNOW DAY
Feb - 20 Professional Day	Feb - 21 SMOKIES WITH BEA Corn Bread Dry Mix CARROT BABY STIC FRUIT SALAD MILK - Variety Lunch	Feb - 22 HAM WITH MACARO GREEN BEANS Pineapple Tidbits MILK - Variety Lunch	Feb - 23 SLOPPY JOE ON A B SALAD, TOSSED Peaches, Diced MILK - Variety Lunch	Feb - 24 Sausage Pizza Blackeyed-Peas CINNAMON, APPLES MILK - Variety Lunch KETCHUP
Feb - 27 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch	Feb - 28 CHICKEN TETRAZZIN SALAD ROSSI APPLESAUCE MILK - Variety Lunch			

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