

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 BREAKFAST BITES OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Mar - 2 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Mar - 3 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Mar - 6 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY MILK,1% Lowfat Choc Milk	Mar - 7 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 8 CHEESE HASH BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Mar - 9 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 10 Professional Day
Mar - 13 SPRING BREAK WEE	Mar - 14	Mar - 15	Mar - 16	Mar - 17
Mar - 20 FRENCH TOAST STI OR CEREAL ASSORT TOAST, FOR CEREAL FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Mar - 21 RICE,COOKED BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Mar - 22 EGG AND POTATOE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY KETCHUP	Mar - 23 CINNAMON ROLLS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Mar - 24 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Mar - 27 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 28 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Mar - 29 SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Mar - 30 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Mar - 31 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

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 HAM,SLICE SCALLOP POTATOE FRUIT SALAD HOT ROLL MILK - Variety Lunch MARGRINE CUP	Mar - 2 HAMBURGER PIE Diced Carrots ORANGES MILK - Variety Lunch	Mar - 3 CHEESEBURGER ON Veggie beans Pineapple Tidbits MILK - Variety Lunch SALAD DRESSING
Mar - 6 GROUND BEEF STR GREEN BEANS ROSSI APPLESAUCE MILK - Variety Lunch CHOCOLATE PUDDI	Mar - 7 BARBECUED BEEF O CORN AMBROSIA FRUIT SA MILK - Variety Lunch	Mar - 8 TURKEY AND NOODL BROCCOLI STRAWBERRIES HOT ROLL MARGRINE CUP MILK - Variety Lunch	Mar - 9 Cheese Pizza CARROT BABY STIC FRUIT COCKTAIL Sherbet Cup MILK - Variety Lunch	Mar - 10 Professional Day
Mar - 13 SPRING BREAK WEE	Mar - 14 SPRING BREAK WEE	Mar - 15 SPRING BREAK WEE	Mar - 16 SPRING BREAK WEE	Mar - 17 SPRING BREAK WEE
Mar - 20 CHICKEN POT PIE Diced Carrots ROSSI APPLESAUCE MILK - Variety Lunch	Mar - 21 FISH NUGGETS COLE SLAW Pineapple Tidbits MILK - Variety Lunch TARTER SAUCE KETCHUP	Mar - 22 LASAGNA WITH GRO BLACK-EYED PEAS Peaches, Diced MILK - Variety Lunch	Mar - 23 CHICKEN NUGGETS MASHED POTATOES COUNTRY GRAVY PEARS DICED* MILK - Variety Lunch KETCHUP	Mar - 24 STEAK BURGER BROCCOLI,raw FRUIT COCKTAIL MILK - Variety Lunch SALAD DRESSING Ranch Dressing/Lawry
Mar - 27 Ravioli,Beef GREEN BEANS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Mar - 28 CRISPITOS CHEESE SAUCE BROCCOLI FRUIT COCKTAIL MILK - Variety Lunch	Mar - 29 TURKEY POT PIE MIXED VEGETABLES CINNAMON,APPLES MILK - Variety Lunch	Mar - 30 CHICKEN SPAGHETT CARROTS FRUIT COCKTAIL GARLIC BREAD MILK - Variety Lunch	Mar - 31 PEPPERONI PIZZA SALAD Pineapple Tidbits CHOCOLATE PUDDI MILK - Variety Lunch

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.*