

# Perkins-Tryon School

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   |  |  | Aug - 25<br>LONG JOHNS<br>OR CEREAL ASSORT<br>FRUIT JUICE ASSOR<br>ORANGES<br>TOAST, WHOLE GRA<br>MILK, 1% Lowfat<br>Choc Milk | Aug - 26<br>GRAVY SAUSAGE<br>OR CEREAL ASSORT<br>BISCUITS<br>FRUIT JUICE ASSOR<br>ORANGES<br>MILK, 1% Lowfat<br>Choc Milk |
| Aug - 29<br>WAFFLES Whole Grai<br>OR CEREAL ASSORT<br>TOAST, WHOLE GRA<br>FRUIT JUICE ASSOR<br>ORANGES<br>MILK, 1% Lowfat<br>Choc Milk<br>SYRUP, IND. | Aug - 30<br>MUFFINS, BLUE BER<br>OR CEREAL ASSORT<br>FRUIT JUICE ASSOR<br>ORANGES<br>TOAST, WHOLE GRA<br>MILK, 1% Lowfat<br>Choc Milk<br>JELLY | Aug - 31<br>SCRAMBLED EGGS<br>OR CEREAL ASSORT<br>TOAST, RAISIN<br>FRUIT JUICE ASSOR<br>ORANGES<br>MILK, 1% Lowfat<br>Choc Milk<br>JELLY |  |   |

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  |
|---|---|---|---|---|
|   |   |   | Aug - 25<br>NACHOS WITH GRO<br>Pears Diced<br>PINTO BEANS<br>MILK - Variety Lunch | Aug - 26<br>PEPPERONI PIZZA<br>GREEN BEANS<br>AMBROSIA FRUIT SA<br>MILK - Variety Lunch |
| Aug - 29<br>CHICKEN FRIED STE<br>MASHED POTATOES<br>COUNTRY GRAVY<br>ROSSI APPLESAUCE<br>MILK - Variety Lunch | Aug - 30<br>TACO SALAD<br>LETTUCE W/ TOMAT<br>Peaches, Diced<br>MILK - Variety Lunch<br>picante sauce | Aug - 31<br>Burritos Beef&Bean<br>CHEESE, SAUCE<br>CHILI BEANS<br>Pineapple Tidbits<br>MILK - Variety Lunch |   |   |

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