

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
			Aug - 19  Mini Cinnis OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Aug - 20  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Aug - 23  WAFFLES Whole Grai OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP,IND.	Aug - 24  MUFFINS,BLUE BER OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Aug - 25  SCRAMBLED EGGS OR CEREAL ASSORT TOAST,RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Aug - 26  DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Aug - 27  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Aug - 30  GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Aug - 31  Banana Pancakes OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. 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
			Aug - 19 CHICKEN NUGGETS FRENCH FRIES FRUIT SALAD MILK - Variety Lunch KETCHUP	Aug - 20 PEPPERONI PIZZA SALAD Pineapple Tidbits CHOCOLATE PUDDING MILK - Variety Lunch
Aug - 23 NACHOS WITH GUACAMOLE Pears Diced PINTO BEANS MILK - Variety Lunch	Aug - 24 CHICKEN FRIED STEAK MASHED POTATOES COUNTRY GRAVY ROSSI APPLESAUCE MILK - Variety Lunch	Aug - 25 TACO SALAD LETTUCE W/ TOMATO PEAR JELLO MILK - Variety Lunch picante sauce	Aug - 26 MR. RIB SANDWICH CELERY STICKS Peaches, Diced MILK - Variety Lunch BARBECUE SAUCE Ranch Dressing PPI	Aug - 27 HAMBURGER ON A BUN Sweet Potatoe Circles Pineapple Tidbits PICKLE, SPEARS MILK - Variety Lunch KETCHUP MUSTARD
Aug - 30 Burritos Beef&Bean CHEESE, SAUCE CHILI BEANS Pineapple Tidbits MILK - Variety Lunch	Aug - 31 CHILI DOGS FRENCH FRIES PICKLE, SPEARS FRUIT COCKTAIL MILK - Variety Lunch KETCHUP			

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.*