

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
			Dec - 1 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Dec - 2 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Dec - 5 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK, 1% Lowfat Choc Milk	Dec - 6 Egg Biscuit OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK, 1% Lowfat Choc Milk	Dec - 7 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK, 1% Lowfat Choc Milk	Dec - 8 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP, IND. JELLY MILK, 1% Lowfat Choc Milk	Dec - 9 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Dec - 12 WAFFLES Whole Grai OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk SYRUP, IND.	Dec - 13 MUFFINS, BLUE BER OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK, 1% Lowfat Choc Milk JELLY	Dec - 14 SCRAMBLED EGGS OR CEREAL ASSORT TOAST, RAISIN FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk JELLY	Dec - 15 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Dec - 16 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Dec - 19 School Holiday	Dec - 20 School Holiday	Dec - 21 School Holiday	Dec - 22 School Holiday	Dec - 23 School Holiday
Dec - 26 School Holiday	Dec - 27 School Holiday	Dec - 28 School Holiday	Dec - 29 School Holiday	Dec - 30 School Holiday

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
			Dec - 1 TURKEY POT PIE MIXED VEGETABLES CINNAMON,APPLES MILK - Variety Lunch	Dec - 2 PEPPERONI PIZZA SALAD Pineapple Tidbits CHOCOLATE PUDDI MILK - Variety Lunch
Dec - 5 CHICKEN NUGGETS FRENCH FRIES FRUIT SALAD MILK - Variety Lunch KETCHUP	Dec - 6 TACO,BEEF LETTUCE W/ TOMAT PEARS DICED* BROWNIES MILK - Variety Lunch picante sauce	Dec - 7 CHICKEN & RICE BROCCOLI,raw ROSSI APPLESAUCE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Dec - 8 BEEF & BEAN TAMAL BLACK-EYED PEAS Peaches Diced MILK - Variety Lunch picante sauce	Dec - 9 HAMBURGER ON A B Sweet Potatoe Circles Pineapple Tidbits PICKLE,SPEARS MILK - Variety Lunch KETCHUP MUSTARD
Dec - 12 NACHOS WITH GRO Pears Diced PINTO BEANS MILK - Variety Lunch	Dec - 13 CHICKEN FRIED STE MASHED POTATOES COUNTRY GRAVY ROSSI APPLESAUCE MILK - Variety Lunch	Dec - 14 TACO SALAD LETTUCE W/ TOMAT PEAR JELLO MILK - Variety Lunch picante sauce	Dec - 15 MR. RIB SANDWICH CARROT BABY STIC Peaches, Diced MILK - Variety Lunch BARBECUE SAUCE Ranch Dressing PPI	Dec - 16 COOKS CHOICE NO
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