

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 Professional Day	Jan - 3 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Jan - 4 Banana Pancakes OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Jan - 5 BREAKFAST BURRIT OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK - Variety Lunch picante JELLY	Jan - 6 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 9 BREAKFAST BAR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 10 BREAKFAST PIZZA O OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Jan - 11 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Jan - 12 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES KETCHUP picante MILK,1% Lowfat Choc Milk	Jan - 13 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 16 Professional Day	Jan - 17 Mini Cinnis OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Jan - 18 BREAKFAST BITES OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Jan - 19 E. Muff.W/Egg&Chees OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 20 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 23 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY MILK,1% Lowfat Choc Milk	Jan - 24 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Jan - 25 PANCAKES WHOLE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MARGRINE PATTY MILK,1% Lowfat Choc Milk	Jan - 26 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 27 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Jan - 30 Ham &Cheese Bagle OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Jan - 31 SCRAMBLED EGGS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY 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
Jan - 2 Professional Day	Jan - 3 Burritos Beef&Bean CHEESE,SAUCE CHILI BEANS Pineapple Tidbits MILK - Variety Lunch	Jan - 4 CHILI DOGS FRENCH FRIES PICKLE,SPEARS FRUIT COCKTAIL MILK - Variety Lunch KETCHUP	Jan - 5 SPAGHETTI AND ME CINNAMON,APPLES CARROTS MILK - Variety Lunch	Jan - 6 CHICKEN BURGER C CELERY STICKS Peaches, Diced MILK - Variety Lunch KETCHUP SALAD DRESSING Ranch Dressing/Lawry'
Jan - 9 CORN DOG Sweet Potatoe Circles APPLES,Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Jan - 10 Chicken Strips MASHED POTATOES White Gravy CHERRY CRISP MILK - Variety Lunch	Jan - 11 VEGETABLE BEEF S CHEESE STICKS PEARS DICED* Cinnamon Rolls Pur. CRACKERS MILK - Variety Lunch	Jan - 12 CHICKEN ENCHILIDA CHILI BEANS APPLES,Fresh MILK - Variety Lunch	Jan - 13 Cheese Pizza SALAD,TOSSED AMBROSIA FRUIT SA MILK - Variety Lunch RANCH DRESSING
Jan - 16 Professional Day	Jan - 17 CHICKEN FAJITAS GREEN BEANS APPLES,Fresh MILK - Variety Lunch Chocolate Chip Cookie	Jan - 18 Hot Dog on a Bun CARROT BABY STIC Relish AMBROSIA FRUIT SA MILK - Variety Lunch MUSTARD KETCHUP RANCH DRESSING	Jan - 19 FRITO CHILI PIE Blackeyed Peas Dry BANANAS MILK - Variety Lunch	Jan - 20 HOT TURKEY SAND GRAVY,TURKEY MASHED POTATOES STRAWBERRIES MILK - Variety Lunch MARGRINE CUP
Jan - 23 LITTLE SMOKIES MACARONI AND CHE GREEN BEANS Pears Diced MILK - Variety Lunch	Jan - 24 BARBECUED CHICKE CARROT BABY STIC PEARS,FRESH HOT ROLL MILK - Variety Lunch	Jan - 25 GROUND BEEF STR Blackeyed-Peas ROSSI APPLESAUCE MILK - Variety Lunch HOT ROLL MARGRINE CUP	Jan - 26 Soft Chicken Taco LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch	Jan - 27 Sausage Pizza BROCCOLI,raw FRUIT COCKTAIL MILK - Variety Lunch Sherbet Cup
Jan - 30 STEAK FINGERS MASHED POTATOES White Gravy FRUIT COCKTAIL MILK - Variety Lunch	Jan - 31 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch MARGRINE CUP			

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