

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 SAUSAGE BISCUIT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Nov - 2 BREAKFAST BITES OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP, IND. JELLY MILK,1% Lowfat Choc Milk	Nov - 3 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Nov - 4 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 7 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY MILK,1% Lowfat Choc Milk	Nov - 8 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Nov - 9 CHEESE HASH BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Nov - 10 SOFT PRETZLES OR CEREAL ASSORT TOAST, WHOLE GRA CHEESE SAUCE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Nov - 11 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 14 FRENCH TOAST STI OR CEREAL ASSORT TOAST, FOR CEREAL FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk SYRUP, IND.	Nov - 15 RICE, COOKED BRO OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Nov - 16 EGG AND POTATOE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY KETCHUP	Nov - 17 CINNAMON ROLLS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Nov - 18 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Nov - 21 THANKSGIVING BRE	Nov - 22 THANKSGIVING BRE	Nov - 23 THANKSGIVING BRE	Nov - 24 THANKSGIVING BRE	Nov - 25 THANKSGIVING BRE
Nov - 28 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Nov - 29 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Nov - 30 SCRAMBLED EGGS OR CEREAL ASSORT TOAST, RAISIN FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk 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
	Nov - 1 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch	Nov - 2 HAM,SLICE SCALLOP POTATOE FRUIT SALAD HOT ROLL MILK - Variety Lunch MARGRINE CUP	Nov - 3 HAMBUGER PIE Diced Carrots ORANGES MILK - Variety Lunch	Nov - 4 CHEESEBURGER ON Veggie beans Pineapple Tidbits MILK - Variety Lunch SALAD DRESSING
Nov - 7 GROUND BEEF STR GREEN BEANS ROSSI APPLESAUCE MILK - Variety Lunch CHOCOLATE PUDDI	Nov - 8 BARBECUED BEEF O CORN AMBROSIA FRUIT SA MILK - Variety Lunch	Nov - 9 HOAGIE SANDWICH Veggie beans ORANGES MILK - Variety Lunch SALAD DRESSING MUSTARD	Nov - 10 TURKEY AND NOODL BROCCOLI,raw STRAWBERRIES HOT ROLL MARGRINE CUP MILK - Variety Lunch	Nov - 11 Cheese Pizza CARROT BABY STIC FRUIT COCKTAIL Sherbet Cup MILK - Variety Lunch
Nov - 14 CHICKEN POT PIE Diced Carrots ROSSI APPLESAUCE MILK - Variety Lunch	Nov - 15 FISH NUGGETS COLE SLAW Pineapple Tidbits MILK - Variety Lunch TARTER SAUCE KETCHUP	Nov - 16 LASAGNA WITH GRO BLACK-EYED PEAS Peaches, Diced MILK - Variety Lunch	Nov - 17 CHICKEN NUGGETS MASHED POTATOES COUNTRY GRAVY PEARS DICED* MILK - Variety Lunch KETCHUP	Nov - 18 STEAK BURGER BROCCOLI,raw FRUIT COCKTAIL MILK - Variety Lunch SALAD DRESSING Ranch Dressing/Lawry'
Nov - 21 THANKSGIVING BRE	Nov - 22 THANKSGIVING BRE	Nov - 23 THANKSGIVING BRE	Nov - 24 THANKSGIVING BRE	Nov - 25 THANKSGIVING BRE
Nov - 28 CORN DOG TATOR TOTS APPLES,Fresh MILK - Variety Lunch MUSTARD KETCHUP	Nov - 29 Ravioli,Beef GREEN BEANS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Nov - 30 CRISPITOS CHEESE SAUCE CHILI BEANS FRUIT COCKTAIL MILK - Variety Lunch		

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