

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Ham & Cheese Bagle OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Oct - 4 SCRAMBLED EGGS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK, 1% Lowfat Choc Milk	Oct - 5 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Oct - 6 SAUSAGE EGG BISC OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Oct - 7 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Oct - 10 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK, 1% Lowfat Choc Milk	Oct - 11 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Oct - 12 School Holiday	Oct - 13 School Holiday	Oct - 14 School Holiday
Oct - 17 E. Muff. W/Ham & Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK, 1% Lowfat Choc Milk	Oct - 18 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP, IND. JELLY MILK, 1% Lowfat Choc Milk	Oct - 19 BREAKFAST PITA OR CEREAL ASSORT TOAST, RAISIN FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Oct - 20 BLUEBERRY PANCA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP, IND. JELLY MILK, 1% Lowfat Choc Milk	Oct - 21 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Oct - 24 OATMEAL MUFFIN S OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK, 1% Lowfat Choc Milk	Oct - 25 ENGLISH MUFF SAU/ OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Oct - 26 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk JELLY	Oct - 27 Cinnamon Rolls Pur. OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK, 1% Lowfat Choc Milk	Oct - 28 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Oct - 31 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES 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
Oct - 3  STEAK FINGERS MASHED POTATOES White Gravy FRUIT COCKTAIL MILK - Variety Lunch	Oct - 4  Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch MARGRINE CUP	Oct - 5  CHICKEN ALFREDO BROCCOLI APPLES, Fresh HOT ROLL MILK - Variety Lunch MARGRINE CUP	Oct - 6  CHILI CRACKERS CARROT BABY STIC Pears Diced MILK - Variety Lunch Ranch Dressing/Lawry'	Oct - 7  CHEESEBURGER ON Veggie beans Pineapple Tidbits MILK - Variety Lunch
Oct - 10  CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Oct - 11  PEPPERONI PIZZA SALAD AMBROSIA FRUIT SA MILK - Variety Lunch Ranch Dressing PPI	Oct - 12  School Holiday	Oct - 13  School Holiday	Oct - 14  School Holiday
Oct - 17  CORN DOG Veggie beans Peaches, Diced MILK - Variety Lunch	Oct - 18  VEGETABLE BEEF S CHEESE STICKS PEARS DICED* Cinnamon Rolls Pur. CRACKERS MILK - Variety Lunch	Oct - 19  SOFT TACO LETTUCE W/ TOMAT AMBROSIA FRUIT SA MILK - Variety Lunch picante sauce Oatmeal Cookie	Oct - 20  BAKED POTATO W/ c CHEESE SHREDDED CHILI BANANAS CRACKERS MILK - Variety Lunch MARGRINE CUP	Oct - 21  CHAR BURGER Sweet Potatoe Circles FRUIT COCKTAIL MILK - Variety Lunch
Oct - 24  SMOKIES WITH BEA Corn Bread Dry Mix CARROT BABY STIC FRUIT SALAD MILK - Variety Lunch	Oct - 25  HAM WITH MACARO GREEN BEANS Pineapple Tidbits MILK - Variety Lunch	Oct - 26  SLOPPY JOE ON A B SALAD, TOSSED Peaches, Diced MILK - Variety Lunch	Oct - 27  TURKEY & SWISS SA LETTUCE W/ TOMAT ROSSI APPLESAUCE MILK - Variety Lunch SALAD DRESSING MUSTARD	Oct - 28  Sausage Pizza Blackeyed-Peas CINNAMON, APPLES MILK - Variety Lunch KETCHUP
Oct - 31  CHICKEN TETRAZZIN SALAD ROSSI APPLESAUCE MILK - Variety Lunch				

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.