

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 DONUT OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Sep - 2 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Sep - 5 School Holiday	Sep - 6 Banana Pancakes OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Sep - 7 BREAKFAST BURRIT OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK - Variety Lunch picante JELLY	Sep - 8 FRUDELS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Sep - 9 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Sep - 12 BREAKFAST BAR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Sep - 13 BREAKFAST PIZZA O OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk JELLY	Sep - 14 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Sep - 15 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES KETCHUP picante MILK,1% Lowfat Choc Milk	Sep - 16 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Sep - 19 Mini Cinnis OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Sep - 20 BREAKFAST BITES OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Sep - 21 E. Muff.W/Egg&Chees OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Sep - 22 CINNAMON RAISIN BI OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Sep - 23 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Sep - 26 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY MILK,1% Lowfat Choc Milk	Sep - 27 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK,1% Lowfat Choc Milk	Sep - 28 PANCAKES WHOLE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MARGRINE PATTY MILK,1% Lowfat Choc Milk	Sep - 29 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Sep - 30 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 CHILI DOGS FRENCH FRIES PICKLE, SPEARS FRUIT COCKTAIL MILK - Variety Lunch KETCHUP	Sep - 2 MR. RIB SANDWICH CARROT BABY STIC Peaches, Diced MILK - Variety Lunch BARBECUE SAUCE Ranch Dressing PPI
Sep - 5 School Holiday	Sep - 6 CHICKEN NUGGETS FRENCH FRIES FRUIT SALAD MILK - Variety Lunch KETCHUP	Sep - 7 SPAGHETTI AND ME CINNAMON, APPLES CARROTS MILK - Variety Lunch	Sep - 8 TOSTADOS, BEAN LETTUCE W/ TOMAT Pineapple Tidbits MILK - Variety Lunch picante	Sep - 9 CHICKEN BURGER C CELERY STICKS Peaches, Diced MILK - Variety Lunch KETCHUP SALAD DRESSING Ranch Dressing/Lawry'
Sep - 12 CORN DOG Sweet Potatoe Circles APPLES, Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Sep - 13 Chicken Strips MASHED POTATOES White Gravy CHERRY CRISP MILK - Variety Lunch	Sep - 14 PIGS IN A BLANKET Veggie beans Peaches Diced MILK - Variety Lunch MUSTARD KETCHUP	Sep - 15 CHICKEN SALAD Whole Wheat Bread ORANGES CELERY STICKS MILK - Variety Lunch Ranch Dressing PPI	Sep - 16 Sausage Pizza BROCCOLI, raw Fruit cocktail /w JELLO MILK - Variety Lunch Sherbet Cup
Sep - 19 CHICKEN FAJITAS GREEN BEANS APPLES, Fresh MILK - Variety Lunch Chocolate Chip Cookie	Sep - 20 Hot Dog on a Bun CARROT BABY STIC Relish AMBROSIA FRUIT SA MILK - Variety Lunch MUSTARD KETCHUP RANCH DRESSING	Sep - 21 FRITO CHILI PIE Blackeyed Peas Dry BANANAS MILK - Variety Lunch	Sep - 22 CRISPITOS CHEESE SAUCE BROCCOLI FRUIT COCKTAIL MILK - Variety Lunch picante sauce	Sep - 23 HOT TURKEY SAND GRAVY, TURKEY MASHED POTATOES STRAWBERRIES MILK - Variety Lunch MARGRINE CUP
Sep - 26 LITTLE SMOKIES MACARONI AND CHE GREEN BEANS Pears Diced MILK - Variety Lunch	Sep - 27 FRIED CHICKEN White Gravy MASHED POTATOES COUNTRY GRAVY FRUIT COCKTAIL MILK - Variety Lunch HOT ROLL MARGRINE CUP	Sep - 28 HAM SANDWICH LETTUCE W/ TOMAT PICKLE, SPEARS BANANAS MILK - Variety Lunch SALAD DRESSING MUSTARD	Sep - 29 CHICKEN ENCHILIDA CHILI BEANS APPLES, Fresh MILK - Variety Lunch	Sep - 30 Cheese Pizza CARROTS AMBROSIA FRUIT SA MILK - Variety Lunch RANCH DRESSING

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