

# Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
		Sep - 1 BREAKFAST BURRIT OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK - Variety Lunch picante JELLY	Sep - 2 FRUDELS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Sep - 3 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Sep - 6 School Holiday	Sep - 7 BREAKFAST PIZZA O OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK, 1% Lowfat Choc Milk JELLY	Sep - 8 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP, IND. JELLY MILK, 1% Lowfat Choc Milk	Sep - 9 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES KETCHUP picante MILK, 1% Lowfat Choc Milk	Sep - 10 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Sep - 13 Mini Cinnis OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK, 1% Lowfat Choc Milk	Sep - 14 BREAKFAST BITES OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES SYRUP, IND. JELLY MILK, 1% Lowfat Choc Milk	Sep - 15 E. Muff. W/Egg&Chees OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Sep - 16 BREAKFAST BAR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Sep - 17 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Sep - 20 HAM AND EGG SCRA OR CEREAL ASSORT FRUIT JUICE ASSOR TOAST, WHOLE GRA ORANGES JELLY MILK, 1% Lowfat Choc Milk	Sep - 21 OATMEAL OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES CINNAMON TOAST JELLY MILK, 1% Lowfat Choc Milk	Sep - 22 PANCAKES WHOLE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MARGRINE PATTY MILK, 1% Lowfat Choc Milk	Sep - 23 HONEY BUN OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Sep - 24 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk
Sep - 27 Ham & Cheese Bagle OR CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES MILK, 1% Lowfat Choc Milk	Sep - 28 SCRAMBLED EGGS OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK, 1% Lowfat Choc Milk	Sep - 29 Professional Day	Sep - 30 SAUSAGE EGG BISC 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
		Sep - 1 SPAGHETTI AND ME CINNAMON,APPLES CARROTS MILK - Variety Lunch	Sep - 2 TOSTADOS, BEAN LETTUCE W/ TOMAT FRUIT SALAD MILK - Variety Lunch picante	Sep - 3 CHICKEN BURGER C CELERY STICKS Peaches, Diced MILK - Variety Lunch KETCHUP SALAD DRESSING Ranch Dressing/Lawry'
Sep - 6 School Holiday	Sep - 7 CORN DOG Sweet Potatoe Circles APPLES, Fresh MILK - Variety Lunch MUSTARD KETCHUP Vanilla Pudding	Sep - 8 Chicken Strips MASHED POTATOES White Gravy CHERRY CRISP MILK - Variety Lunch	Sep - 9 CHICKEN SALAD Whole Wheat Bread ORANGES CELERY STICKS MILK - Variety Lunch Ranch Dressing PPI	Sep - 10 Sausage Pizza BROCCOLI, raw Fruit cocktail /w JELLO MILK - Variety Lunch Sherbet Cup
Sep - 13 CHICKEN FAJITAS GREEN BEANS APPLES, Fresh MILK - Variety Lunch Chocolate Chip Cookie	Sep - 14 Hot Dog on a Bun CARROT BABY STIC Relish AMBROSIA FRUIT SA MILK - Variety Lunch MUSTARD KETCHUP RANCH DRESSING	Sep - 15 FRITO CHILI PIE Blackeyed Peas Dry BANANAS MILK - Variety Lunch	Sep - 16 CRISPITOS CHEESE SAUCE BROCCOLI FRUIT COCKTAIL MILK - Variety Lunch picante sauce	Sep - 17 HOT TURKEY SAND GRAVY, TURKEY MASHED POTATOES STRAWBERRIES MILK - Variety Lunch MARGRINE CUP
Sep - 20 LITTLE SMOKIES MACARONI AND CHE GREEN BEANS Pears Diced MILK - Variety Lunch	Sep - 21 FRIED CHICKEN White Gravy MASHED POTATOES COUNTRY GRAVY FRUIT COCKTAIL MILK - Variety Lunch HOT ROLL MARGRINE CUP	Sep - 22 HAM SANDWICH LETTUCE W/ TOMAT PICKLE, SPEARS BANANAS MILK - Variety Lunch SALAD DRESSING MUSTARD	Sep - 23 CHICKEN ENCHILIDA CHILI BEANS APPLES, Fresh MILK - Variety Lunch	Sep - 24 Cheese Pizza CARROTS AMBROSIA FRUIT SA MILK - Variety Lunch RANCH DRESSING
Sep - 27 STEAK FINGERS MASHED POTATOES White Gravy FRUIT COCKTAIL MILK - Variety Lunch	Sep - 28 Cheeseburger Macaro GREEN BEANS Peaches, Diced Whole Wheat Bread MILK - Variety Lunch MARGRINE CUP	Sep - 29 Professional Day	Sep - 30 CHICKEN ALFREDO BROCCOLI APPLES, Fresh HOT ROLL MILK - Variety Lunch MARGRINE CUP	

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