

Perkins-Tryon School

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 4 LONG JOHNS OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MILK,1% Lowfat Choc Milk	Oct - 5 RICE,COOKED BRO OR CEREAL ASSORT CINNAMON TOAST FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 6 MUFFINS,BANANA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 7 BREAKFAST PUP OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. MILK,1% Lowfat Choc Milk	Oct - 8 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 11 PANCAKES WHOLE OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA MARGRINE PATTY MILK,1% Lowfat Choc Milk	Oct - 12 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 13 FALL BREAK	Oct - 14 FALL BREAK	Oct - 15 FALL BREAK
Oct - 18 E. Muff.W/Ham&Egg OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA JELLY MILK,1% Lowfat Choc Milk	Oct - 19 FRENCH TOAST OR CEREAL ASSORT FRUIT JUICE ASSOR ORANGES TOAST, WHOLE GRA SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 20 Virtual Day Grab & Go CEREAL ASSORT TOAST WHOLE WHE FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 21 BLUEBERRY PANCA OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES SYRUP,IND. JELLY MILK,1% Lowfat Choc Milk	Oct - 22 GRAVY SAUSAGE OR CEREAL ASSORT BISCUITS FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk
Oct - 25 OATMEAL MUFFIN S OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 26 ENGLISH MUFF SAU/ OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk	Oct - 27 SAUSAGE EGG, SCR OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES MILK,1% Lowfat Choc Milk JELLY	Oct - 28 Cinnamon Rolls Pur. OR CEREAL ASSORT TOAST, WHOLE GRA FRUIT JUICE ASSOR ORANGES JELLY MILK,1% Lowfat Choc Milk	Oct - 29 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
				Oct - 1 CHEESEBURGER ON Veggie beans Pineapple Tidbits MILK - Variety Lunch
Oct - 4 CHICKEN NUGGETS MASHED POTATOES White Gravy Peaches, Diced MILK - Variety Lunch Chocolate Chip Cookie	Oct - 5 GRILLED CHEESE SA TOMATOE SOUP FRUIT COCKTAIL MILK - Variety Lunch	Oct - 6 TACO PIE WITH BEA BLACK-EYED PEAS PEARS DICED* MILK - Variety Lunch	Oct - 7 SALISBURY STEAK CELERY STICKS BROWN GRAVY Pineapple Tidbits HOT ROLL MILK - Variety Lunch MARGRINE CUP Vanilla Pudding	Oct - 8 PEPPERONI PIZZA SALAD AMBROSIA FRUIT SA MILK - Variety Lunch Ranch Dressing PPI
Oct - 11 Ravioli,Beef GREEN BEANS APPLESAUCE,SWEE HOT ROLL MILK - Variety Lunch MARGRINE CUP	Oct - 12 Pulled Pork Burger Veggie beans FRUIT COCKTAIL MILK,1% Lowfat Choc Milk	Oct - 13 FALL BREAK	Oct - 14 FALL BREAK	Oct - 15 FALL BREAK
Oct - 18 CORN DOG Veggie beans Peaches, Diced MILK - Variety Lunch	Oct - 19 CHICKEN AND NOOD GREEN BEANS ROSSI APPLESAUCE Chocolate Pudding MILK - Variety Lunch	Oct - 20 Virtual Day Grab & Go HAM SANDWICH LETTUCE W/ TOMAT APPLES,Fresh MILK - Variety Lunch	Oct - 21 BAKED POTATO W/ c CHEESE SHREDDED CHILI BANANAS CRACKERS MILK - Variety Lunch MARGRINE CUP	Oct - 22 CHAR BURGER Sweet Potatoe Circles FRUIT COCKTAIL MILK - Variety Lunch
Oct - 25 SMOKIES WITH BEA Corn Bread Dry Mix CARROT BABY STIC FRUIT SALAD MILK - Variety Lunch	Oct - 26 HAM WITH MACARO GREEN BEANS Pineapple Tidbits MILK - Variety Lunch	Oct - 27 SLOPPY JOE ON A B FRENCH FRIES Peaches, Diced MILK - Variety Lunch	Oct - 28 TURKEY & SWISS SA LETTUCE W/ TOMAT ROSSI APPLESAUCE MILK - Variety Lunch SALAD DRESSING MUSTARD	Oct - 29 Sausage Pizza Blackeyed-Peas CINNAMON,APPLES MILK - Variety Lunch KETCHUP

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