



MSD Perry Township uses USDA Nutrition Standards for School Meals. The menu is based on specific food components following the MyPlate pattern. For lunch, students will be offered 2 1/2 cups of fruit per week, 3 3/4 cups of a variety of vegetables per week, and 8-12 oz. of grain and 8- 10 oz. of protein per week. Low fat and skim milk will also be offered daily. Lunch menus are planned to contain 550-650 calories. Using the color codes on MyPlate, students' trays must include a FRUIT or VEGETABLE. You must have at least 3 colors to make a meal and may have up to all 5 colors.

FRUIT (red dot) VEGETABLE (green dot) GRAIN (orange dot) PROTEIN (purple dot) DAIRY (blue dot)



STUDENTS MUST SELECT A FRUIT OR VEGETABLE AND UP TO THREE OTHER ITEMS TO BE CONSIDERED A MEAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>BREAKFAST</b> WG Pop Tarts  <b>LUNCH</b> Taco Salad w/Tostitos  Chicken Smackers w/WG Roll PBJ Uncrustable Mashed Potatoes w/ Gravy 100% Juice Milk	<b>BREAKFAST</b> Chicken Waffle  <b>LUNCH</b> Fried Chicken Salad w/WG Roll Ham & Cheese Ripper  PBJ Uncrustable Green Beans Fresh Fruit Milk	<b>BREAKFAST</b> WG Breakfast Bar  <b>LUNCH</b> Yogurt Parfait w/ Fruit, Granola & Grahams Spaghetti w/Meat Sauce & Breadstick PBJ Uncrustable Fresh Veggies w/dip Fruit Milk	<b>BREAKFAST</b> Cinnamon Pancakes  <b>LUNCH</b> Southwest Salad w/Breadsticks Pizza  PBJ Uncrustable Broccoli Fresh Fruit Milk	<b>BREAKFAST</b> Sausage Biscuit  <b>LUNCH</b> Garden Salad w/Tostitos Nachos Grande w/Tostitos  PBJ Uncrustable Corn Refried Beans Fruit Milk
	<b>BREAKFAST</b> Honey Bun  <b>LUNCH</b> Chicken Taco Salad w/ Baked Scoops Mini Corn Dogs  PBJ Uncrustable Baked Beans 100% Juice Milk	<b>BREAKFAST</b> Ultimate Breakfast Rounds  <b>LUNCH</b> Yogurt Parfait w/Fruit, Granola & Grahams Grilled Chicken Sandwich PBJ Uncrustable Green Beans Fresh Fruit Milk	<b>BREAKFAST</b> Pancake & Sausage on a Stick  <b>LUNCH</b> Cheese & Fruit Plate w/Pretzel Chicken Tenders w/WG Roll PBJ Uncrustable Scalloped Potatoes Fresh veggies w/dip Fruit Milk	<b>BREAKFAST</b> Mini Waffles  <b>LUNCH</b> Firecracker Salad w/Chow Mein Noodles Oriental Rice Bowl PBJ Uncrustable Broccoli Fresh Fruit Milk	<b>BREAKFAST</b> WG Donut Holes  <b>LUNCH</b> Garden Salad w/WG Roll Hamburger/Cheeseburger PBJ Uncrustable Potato Smiles Fruit Milk
	<b>BREAKFAST</b> Yogurt w/Grahams  <b>LUNCH</b> Country Chicken Apple Salad w/WG Roll Pizza Rippers PBJ Uncrustable Broccoli 100% Juice Milk	<b>BREAKFAST</b> Bacon, Egg, & Cheese Breakfast Pizza  <b>LUNCH</b> Yogurt Parfait w/Fruit, Granola & Grahams Chicken Patty Sandwich PBJ Uncrustable Curly Fries Fresh Fruit Milk	<b>BREAKFAST</b> Mini Cinnis  <b>LUNCH</b> Italian Salad w/Breadsticks Loaded Cheeseburger PBJ Uncrustable Baked Beans Fresh veggies w/dip Fruit Milk	<b>BREAKFAST</b> WG Muffin  <b>LUNCH</b> Taco Salad w/Tortilla Chips Mozzarella Sticks w/Marinara  PBJ Uncrustable Green Beans Fresh Fruit Milk	<b>BREAKFAST</b> Mini Pancakes/Mini French Toast  <b>LUNCH</b> Garden Salad w/WG Biscuit Brunch for Lunch Colby Cheese Omelet Biscuit PBJ Uncrustable Seasoned Potatoes 100% Juice Milk

	July -Aug 2017							Sept 2017							Oct. 2017							Nov 2017							Dec2017						
Cycle	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	July 30	July 31	Aug 1	2	3	4	5	3	4	5	6	7	8	9	1	2	3	4	5	6	7	5	6	7	8	9	10	11	3	4	5	6	7	8
2	6	7	8	9	10	11	12	10	11	12	13	14	15	16	8	9	10	11	12	13	14	12	13	14	15	16	17	18	10	11	12	13	14	15	16
3	13	14	15	16	17	18	19	17	18	19	20	21	22	23	15	16	17	18	19	20	21	19	20	21	22	23	24	25	17	18	19	20	21	22	23
4	20	21	22	23	24	25	26	24	25	26	27	28	29	30	22	23	24	25	26	27	28	26	27	28	29	30			24	25	26	27	28	29	30
5	27	28	29	30	31										29	30	31												31						

Meal Prices: Breakfast 1.50 Lunch 2.60 Prepayment Online Available

6/17

Menus subject to change



For menus, nutritional analysis, and account payments and balances, visit the district website [www.perryschools.org](http://www.perryschools.org)

This institution is an equal opportunity provider.