



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 ● VEGETABLE ● GRAIN ● PROTEIN ● DAIRY



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	BREAKFAST WG Pop Tarts LUNCH Fried Chicken Salad w/ ●●●● WG Roll Loaded Cheeseburger ●●●● PBJ Uncrustable ●●●● ● Curly Fries ● 100% Juice ● Milk	BREAKFAST Sausage Biscuit LUNCH Yogurt Parfait w/ Fruit, ●●●● Granola & Grahams Chicken Smackers ●●●● w/WG Roll PBJ Uncrustable ●●●● Mashed Potatoes w/ Gravy ●●●● ● Fresh Fruit ● Milk	BREAKFAST Mini Cinnis LUNCH ●●●● Taco Salad w/Tostitos ●●●● Pizza Crunchers ●●●● PBJ Uncrustable ●●●● Baby Carrots w/Dip ● Fruit ● Milk	BREAKFAST Confetti Pancakes LUNCH ●●●● Southwest Salad w/Breadsticks ●●●● Sloppy Joes ●●●● PBJ Uncrustable ●●●● Broccoli ●●●● Fresh Fruit ●●●● Milk	BREAKFAST WG Breakfast Bar LUNCH ●●●● Garden Salad w/Tostitos ●●●● Nachos Grande w/Tostitos ●●●● PBJ Uncrustable ●●●● Corn ●●●● Refried Beans ●●●● Fruit ●●●● Milk
	BREAKFAST Honey Bun LUNCH ●●●● Chicken Taco Salad w/ ●●●● Baked Scoops ●●●● Mini Hot Dog w/Mac & Cheese ●●●● PBJ Uncrustable ●●●● Baked Beans ●●●● 100% Juice ●●●● Milk	BREAKFAST Mini Cinnamon Bagels LUNCH ●●●● Yogurt Parfait w/Fruit, ●●●● Granola & Grahams ●●●● Chili w/ Grilled Cheese ●●●● PBJ Uncrustable ●●●● Baby Carrots w/Dip ●●●● Fresh Fruit ●●●● Milk	BREAKFAST WG Muffin LUNCH ●●●● Italian Salad w/Breadsticks ●●●● Pizza ●●●● PBJ Uncrustable ●●●● Green Beans ●●●● Fruit ●●●● Milk	BREAKFAST Berries & Cream Sticks LUNCH ●●●● Firecracker Salad w/Chow Mein ●●●● Noodles ●●●● Chicken Tenders w/Hush Puppies ●●●● PBJ Uncrustable ●●●● Broccoli ●●●● Fresh Fruit ●●●● Milk	BREAKFAST Ultimate Breakfast Rounds LUNCH ●●●● Garden Salad w/WG Biscuit ●●●● Brunch for Lunch Eggs, Sausage Patty, & ●●●● Biscuit ●●●● PBJ Uncrustable ●●●● Seasoned Potatoes ●●●● 100% Juice ●●●● Milk
	BREAKFAST Cereal LUNCH ●●●● Country Chicken ●●●● Apple Salad w/WG Roll ●●●● Pizza Rippers ●●●● PBJ Uncrustable ●●●● Broccoli ●●●● 100% Juice ●●●● Milk	BREAKFAST WG Muffin LUNCH ●●●● Yogurt Parfait w/Fruit, ●●●● Granola & Grahams ●●●● Ravioli/Spaghetti w/ Breadstick ●●●● PBJ Uncrustable ●●●● Baby Carrots w/Dip ●●●● Fresh Fruit ●●●● Milk	BREAKFAST Pancake & Sausage on a stick LUNCH ●●●● Cheese & Fruit Plate w/Pretzel ●●●● Chicken Patty Sandwich ●●●● PBJ Uncrustable ●●●● Baked Beans ●●●● Fruit ●●●● Milk	BREAKFAST Mini French Toast LUNCH ●●●● Garden Salad w/WG Roll ●●●● Hamburger or Cheeseburger on WG Bun ●●●● PBJ Uncrustable ●●●● Potato Smiles ●●●● Fresh Fruit ●●●● Milk	BREAKFAST Cinnamon Pancakes LUNCH ●●●● Taco Salad w/Tostitos ●●●● Smokehouse BBQ Bacon Sandwich ●●●● PBJ Uncrustable ●●●● Green Beans ●●●● Fruit ●●●● Milk

	Jan 2019							Feb 2019							Mar 2019							Apr 2019							May 2019								
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	2	3	4	5						1	2						1	2						1	2						1	2	
	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					1	2	3	4	5	6	7
	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	20	21	22	23	24	25	26	27	28	29	30	31				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
27	28	29	30	31				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	

Menus subject to change



Meal Prices: Breakfast 1.50 Lunch 2.60 Prepayment Online Available

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For menus, nutritional analysis, and account payments and balances, visit the district website www.perryschools.org

This institution is an equal opportunity provider.