



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 BBQ Rib Sandwich 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 Orange Chicken w/ Rice 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 Cinnamon Pancakes 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 WG Muffin LUNCH Taco Salad w/Tostitos Omelet w/ Cinnamon Roll PBJ Uncrustable Green Beans Fruit Milk
Jan 2019	Feb 2019	Mar 2019	Apr 2019	May 2019	
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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.