

la. pizzeria

PIZZERIA

Mon	Calzone w/Marinara
Tues	Pizza Crunchers w/Marinara
Wed	Pizza Rippers
Thurs	Pizza
Fri	Meatball Sub

**Add up to 3 items
Vegetable, Fruit, Milk**

star favorites

FAVORITES

Mon	Smokehouse BBQ Bacon Sandwich
Tues	Hamburger/Cheeseburger on WG Bun
Wed	Chicken Nuggets w/WG Roll
Thurs	Chicka Boom Boom Sandwich
Fri	Chicken Patty on WG Bun

**Add up to 3 items
Vegetable, Fruit, Milk**

commons creations

CREATIONS

Mon	Chili Cheese Dog on WG Bun
Tues	Boneless Buffalo Wings
Wed	Macaroni & Cheese
Thurs	Spicy Chicken Tenders w/WG Roll
Fri	Nachos Grande


**Add up to 3 items
Vegetable, Fruit, Milk**



**PICK UP
BREAKFAST**
Southport Academy
2018-19
1st Semester

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 2.5 cups of fruit per week, 3.75 cups of a variety of vegetables per week, and 8-10 oz. of grain and 9-10 oz. of protein per week. Low fat and skim milk will also be offered daily. Lunch menus are planned to contain 600-700 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



Café Commons

Payment on accounts may be made using e funds through the Skyward Parent Center or by clicking on **Lunch/Fee Payments** under **Quick Jump** on the front page of the district website www.perryschools.org. Cash and Checks will also be accepted at the school. Please monitor your child's account to make sure there is money available for their purchases.

market fresh

Mon	Chicken Caesar Salad	Mon	Club Croissant
Tues	Garden Salad w/WG Roll	Tues	PBJ Uncrustable
Wed	Taco Salad w/Tostitos	Wed	Cheese & Fruit Plate w/Pretzel
Thurs	Chef Salad w/WG Roll	Thurs	Yogurt Parfait
Fri	Firecracker Salad	Fri	Deli Wrap

Daily Sides: Add up to 3 items. Veggies w/ Dip, Fruit, Milk

Daily Sides: PBJ Uncrustable; Add up to 3 items. Veggies w/ Dip, Fruit, Milk

You will be able to track your student's purchases and balances through the Skyward Parent Center.

For payment on accounts and www.perryschools.org Parent Center
Breakfast FREE
Lunch 2.70

For nutritional analysis visit our Food Service page www.perryschools.org click on Food Service under **Quick Jump**
Menus are Subject to Change