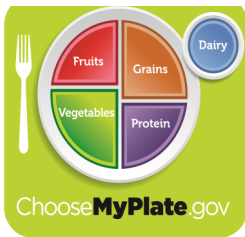


Elementary Fall 2019 Menu

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 5 1/2 cups of fruit per week, 5 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.



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	Chicken Smackers w/ Dinner Roll Chef Salad w/ Dinner Rolls PBJ Uncrustable Baked Beans Fruit/Fresh Fruit Milk	Walking Taco w/ Toppings Yogurt/Cheese stick/Muffin PBJ Uncrustable Green Beans/Refried Beans Fruit/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Hamburger/ Cheeseburger Taco Salad w/ Tortilla Chips PBJ Uncrustable Potato Smiles Fruit/Fresh Fruit Milk	Pizza Pull-aparts Garden Salad w/ Breadsticks PBJ Uncrustable Broccoli Fruit/Fresh Fruit/Juice Milk
WEEK 2	Honey BBQ Rib Sandwich Chef Salad w/ Dinner Rolls PBJ Uncrustable Tator Tots Fruit/Fresh Fruit Milk	Beef Soft Taco Yogurt/Cheese stick/Muffin PBJ Uncrustable Refried Beans/Fresh Veggies Fruit/Fresh Fruit Milk	Mini Hot Dog w/ Mac n Cheese Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Chicken Patty Sandwich Taco Salad w/ Tortilla Chips PBJ Uncrustable Baked Beans Fruit/Fresh Fruit Milk	Pizza Slice Garden Salad w/ Breadsticks PBJ Uncrustable Broccoli Fruit/Fresh Fruit/Juice Milk
WEEK 3	Popcorn Chicken Bowl w/ Dinner Roll Chef Salad w/ Dinner Rolls PBJ Uncrustable Mashed Potatoes w/ Gravy Fruit/Fresh Fruit Milk	Beef Nachos w/ Tortilla Chips Yogurt/Cheese stick/Muffin PBJ Uncrustable Refried Beans/Corn Fruit/Fresh Fruit Milk	Orange Chicken Rice Bowl Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Broccoli Fruit/Fresh Fruit Milk	Cheese Omelet w/ Cinnamon Roll Taco Salad w/ Tortilla Chips PBJ Uncrustable Sweet Potato Fries Fruit/Fresh Fruit Milk	4x6 Pizza Garden Salad w/ Breadsticks PBJ Uncrustable Green Beans Fruit/Fresh Fruit/Juice Milk

Two Week Breakfast Menu

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal/Cereal Bar Raisins Juice Milk	Breakfast Pizza Bagel Orange Slices Juice Milk	WG Muffin Banana Juice Milk	Confetti Pancakes Apple Slices Juice Milk	Sausage Biscuit Fresh Fruit Juice Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Pop Tart Raisins Juice Milk	Sausage Pancake Stick Orange Slices Juice Milk	WG Breakfast Bar Banana Juice Milk	Mini Cinni Apple Slices Juice Milk	UBR Bar Fresh Fruit Juice Milk

July /August 2019								September 2019								October 2019								November 2019								December 2019							
Lunch 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				
				24	25	26	27	1	2	3	4	5	6	7				1	2	3	4	5					1	2				1	2	3	4	5	6	7	
	28	29	30	31	1	2	3	8	9	10	11	12	13	14	6	7	8	9	10	11	12		3	4	5	6	7	8	9	8	9	10	11	12	13	14			
	4	5	6	7	8	9	10	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21				
	11	12	13	14	15	16	17	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28				
	18	19	20	21	22	23	24	29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31								
	25	26	27	28	29	30	31																																

Meal Prices: Breakfast \$1.50 Lunch \$2.60 Prepayment Online Available

7/19

Menus
subject to
change.

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

This institution is an equal opportunity provider.