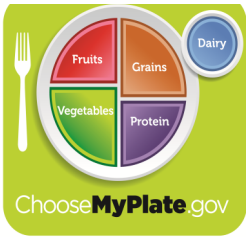




Elementary Fall 2019 Menu

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.



| | | | | |
|-------|-----------|-------|---------|-------|
| 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 | | 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 |
| | | 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 | Orange Chicken Rice Bowl w/ Dinner Roll Taco Salad w/ Tortilla Chips PBJ Uncrustable Broccoli Fruit/Fresh Fruit | Pizza Slice Garden Salad w/ Breadsticks PBJ Uncrustable Green Beans Fruit/Fresh Fruit/Juice Milk |
| WEEK 3 | | Popcorn Chicken Bowl 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 Cooked Carrots Fruit/Fresh Fruit Milk | Chicken Patty Sandwich Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Baked Beans Fruit/Fresh Fruit Milk | Cheese Omelet w/ Cinnamon Roll Taco Salad w/ Tortilla Chips PBJ Uncrustable Seasoned Potatoes Fruit/Fresh Fruit Milk | 4x6 Pizza Garden Salad w/ Breadsticks PBJ Uncrustable Broccoli 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

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

Menus subject to change.

This institution is an equal opportunity provider.