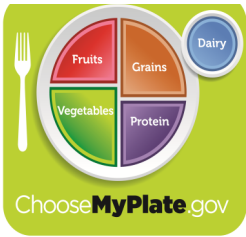




Kindergarten Spring 2020 Menu

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 PBJ Uncrustable w/ Chz Stick/Grahams Mashed Potatoes w/ Gravy Fruit/Fresh Fruit Milk	Walking Taco w/ Toppings PBJ Uncrustable w/ Cheesestick Green Beans/Refried Beans Fruit/Fresh Fruit Milk	Mini Corn Dogs PBJ Uncrustable w/ Chz Stick/Grahams Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Hamburger/ Cheeseburger PBJ Uncrustable w/ Cheesestick Potato Smiles Fruit/Fresh Fruit Milk	Pizza Pull-aparts PBJ Uncrustable w/ Chz Stick/Grahams Broccoli Fruit/Fresh Fruit/Juice Milk
		Honey BBQ Rib Sandwich PBJ Uncrustable w/ Chz Stick/Grahams Tator Tots Fruit/Fresh Fruit Milk	Chicken & Cheese Quesadilla PBJ Uncrustable w/ Cheesestick Refried Beans/Corn Fruit/Fresh Fruit Milk	Yogurt/ Cheese stick/ Muffin/ Grahams PBJ Uncrustable w/ Chz Stick/Grahams Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Mini Hot Dog w/ Macaroni and Cheese PBJ Uncrustable w/ Cheesestick Broccoli Fruit/Fresh Fruit Milk	Pizza Slice PBJ Uncrustable w/ Chz Stick/Grahams Green Beans Fruit/Fresh Fruit/Juice Milk
WEEK 2		Chicken Patty Sandwich PBJ Uncrustable w/ Chz Stick/Grahams Baked Beans Fruit/Fresh Fruit Milk	Beef Nachos w/ Tortilla Chips PBJ Uncrustable w/ Cheesestick Carrots/ Corn Fruit/Fresh Fruit Milk	Spaghetti Bake PBJ Uncrustable w/ Chz Stick/Grahams Green Beans Fruit/Fresh Fruit Milk	Cheese Omelet w/ Cinnamon Roll PBJ Uncrustable w/ Cheesestick Seasoned Potatoes Fruit/Fresh Fruit Milk	4x6 Pizza PBJ Uncrustable w/ Chz Stick/Grahams Broccoli Fruit/Fresh Fruit/Juice Milk
		Cereal/Cereal Bar Fresh Fruit Juice Milk	Breakfast Pizza Bagel Fresh Fruit Juice Milk	Dunkin Stick Fresh Fruit Juice Milk	Confetti Pancakes Fresh Fruit Juice Milk	Sausage Biscuit Fresh Fruit Juice Milk

Two Week Breakfast Menu

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal/Cereal Bar Fresh Fruit Juice Milk	Breakfast Pizza Bagel Fresh Fruit Juice Milk	Dunkin Stick Fresh Fruit Juice Milk	Confetti Pancakes Fresh Fruit Juice Milk	Sausage Biscuit Fresh Fruit Juice Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Pop Tart Fresh Fruit Juice Milk	WG Muffin Fresh Fruit Juice Milk	Sausage Pancake Stick Fresh Fruit Juice Milk	Cinn. Toast Crunch Bar Fresh Fruit Juice Milk	J&J Bar Fresh Fruit Juice Milk

		January 2020							February 2020							March 2020							April 2020							May 2020						
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	
					1	2	3	4							1	1	2	3	4	5	6	7				1	2	3	4						1	2
	5	6	7	8	9	10	11	2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
	12	13	14	15	16	17	18	9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
	19	20	21	22	23	24	25	16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
	26	27	28	29	30	31		23	24	25	26	27	28	29	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	
																											31									

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

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.