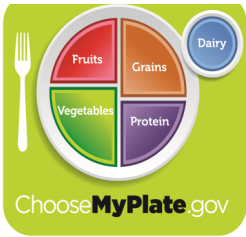




Preschool-PTEC Spring 2020 Menu

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

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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 Baked Beans Fruit/Fresh Fruit Unflavored Milk	Turkey & Cheese Sub Fresh Veggies Fruit/Fresh Fruit Unflavored Milk	Egg, Sausage Patty, and Biscuit Cooked Carrots Fruit/Fresh Fruit Unflavored Milk	Hamburger/ Cheeseburger Potato Smiles Fruit/Fresh Fruit Unflavored Milk	Pizza Pull-aparts Broccoli Fresh Fruit/Fruit Unflavored Milk
WEEK 2	Honey BBQ Rib Sandwich Tator Tots Fruit/Fresh Fruit Unflavored Milk	Beef Soft Taco Corn Fruit/Fresh Fruit Unflavored Milk	Macaroni & Cheese Green Beans Fruit/Fresh Fruit Unflavored Milk	Chicken Patty Sandwich Baked Beans Fruit/Fresh Fruit Unflavored Milk	Pizza Slice Broccoli Fresh Fruit/Fruit Unflavored Milk
WEEK 3	Popcorn Chicken Mashed Potatoes w/ Gravy Fruit/Fresh Fruit Unflavored Milk	Yogurt/Cheese stick/Muffin Fresh Veggies Fruit/Fresh Fruit Unflavored Milk	Chicken Tenders Broccoli Fruit/Fresh Fruit Unflavored Milk	Cheese Omelet w/ WG Waffles Fruit/Fresh Fruit Unflavored Milk	4x6 Pizza Green Beans Fresh Fruit/Fruit Unflavored Milk

Two Week Breakfast Menu

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Muffin Raisins Unflavored Milk	Mini Cinni Banana Unflavored Milk	WG Mini Waffles Orange Slices Unflavored Milk	Mini Confetti Pancakes Apple Slices Unflavored Milk	Sausage Biscuit Fresh Fruit Unflavored Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yogurt Raisins Unflavored Milk	Sausage Pancake Stick Banana Unflavored Milk	Yogurt Cup Orange Slices Unflavored Milk	WG Muffin Apple Slices Unflavored Milk	UBR Bar Fresh Fruit Unflavored 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
	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

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.