



PERRY MERIDIAN HIGH

LUNCH MENU

2024-2025 2nd SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Line 1	WG Grilled Cheese Sandwich with Potato Soup ➤	Pillsbury Pizza Pull-Aparts ➤ Calzone with Marinara Sauce	Cheese ➤ or Pepperoni Pizza Slice	French Toast Sticks with Sausage Patties P	Regular Chicken Sandwich on WG Bun ★
	Line 2	Boneless Chicken Wings with Choice of Sauce and WG Dinner Roll	Doritos Walking Tacos	BBQ Rib Sandwich P on WG Bun with WG Sun Chips	Hamburger or Cheesey Burger on WG Bun ★	Spicy Chicken Tender Wrap
	Line 3					
	Line 4					
	Line 5	Spicy Chicken Salad with WG Dinner Roll	Taco Salad with Doritos	Yogurt Parfait with Grahams ➤	Popcorn Chicken Salad with WG Dinner Rolls	Yogurt with Cheese Stick and Muffin ➤
	Veggies	Fresh Veggie Tray with Dip Side Salad Steamed Broccoli	Fresh Veggie Tray with Dip Corn and Black Bean Blend Side Salad	Fresh Veggie Tray with Dip Baked Beans Side Salad	Fresh Veggie Tray with Dip Seasoned Potatoes	Fresh Veggie Tray with Dip Mixed Vegetables
Week 2	Line 1	WG Grilled Cheese Sandwich ➤ with Chili	Pillsbury Pizza Pull-Aparts ➤ Calzone with Marinara Sauce	Cheese ➤ or Pepperoni Pizza Slice	Sausage Gravy and Biscuit P	Regular Chicken Sandwich on WG Bun ★
	Line 2	Boneless Chicken Wings & Mac 'n Cheese Bites with WG Dinner Roll	Doritos Walking Tacos	Pork Tenderloin P Sandwich on WG Bun with WG Sun Chips	Hamburger or Cheesey Burger on WG Bun ★	Spicy Chicken Tender Wrap
	Line 3					
	Line 4					
	Line 5	Spicy Chicken Salad with WG Dinner Roll	Taco Salad with Doritos	Yogurt Parfait with Grahams ➤	Popcorn Chicken Salad with WG Dinner Rolls	Yogurt with Cheese Stick and Muffin ➤
	Veggies	Fresh Veggie Tray with Dip Side Salad Steamed Broccoli	Fresh Veggie Tray with Dip Corn and Black Bean Blend Side Salad	Fresh Veggie Tray with Dip Baked Beans Side Salad	Fresh Veggie Tray with Dip Seasoned Potatoes	Fresh Veggie Tray with Dip Mixed Vegetables
WG = whole grain						Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal
➤ = vegetarian (no meat)		Fruit and Low Fat/ Skim Milk offered daily		Additional entrée option of PBJ Uncrustable (5.3 oz) ➤ offered each day		
★ = vegetarian version/alternative available (see detailed menu)						
P = contains pork						

JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 2025				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

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Detailed Vegetarian Menu

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2024-2025 2nd SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Line 1	WG Grilled Cheese Sandwich with Potato Soup	Pillsbury Pizza Pull-Aparts	Cheese Pizza Slice		Rebellyous Foods Vegan Chicken Patty on WG Bun
	Line 2				Morningstar Spicy Black Bean Burger on WG Bun	
	Line 3					
	Line 4					
	Line 5			Yogurt Parfait with Grahams		Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Side Salad Steamed Broccoli	Fresh Veggie Tray with Dip Corn and Black Bean Blend Side Salad	Fresh Veggie Tray with Dip Baked Beans Side Salad	Fresh Veggie Tray with Dip Seasoned Potatoes	Fresh Veggie Tray with Dip Mixed Vegetables
Week 2	Line 1	WG Grilled Cheese Sandwich	Pillsbury Pizza Pull-Aparts	Cheese Pizza Slice		Rebellyous Foods Vegan Chicken Patty on WG Bun
	Line 2				Morningstar Spicy Black Bean Burger on WG Bun	
	Line 3					
	Line 4					
	Line 5			Yogurt Parfait with Grahams		Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Side Salad Steamed Broccoli	Fresh Veggie Tray with Dip Corn and Black Bean Blend Side Salad	Fresh Veggie Tray with Dip Baked Beans Side Salad	Fresh Veggie Tray with Dip Seasoned Potatoes	Fresh Veggie Tray with Dip Mixed Vegetables
WG = whole grain		Fruit and Low Fat/ Skim Milk offered daily		Additional entrée option of PBJ Uncrustable (5.3 oz) ► offered each day		Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal

JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 2025				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

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PERRY MERIDIAN HIGH BREAKFAST MENU 2024-2025 2nd SEMESTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1-Week Menu

WG Chicken and
Waffle Sandwich

WG Breakfast Bar ➤

Pillsbury Frudel ➤
(Apple or Cherry)

WG Banana
Bread ➤

WG Mini Donuts ➤

WG = whole grain

➤ = vegetarian (no meat)

P = contains pork

Fruit, Juice, & Low Fat/Skim Milk offered daily

Cereal (2oz) ➤ and WG Pop Tart (2ct) ➤ offered daily

Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal



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