



# PERRY MERIDIAN HIGH LUNCH MENU 2025-2026 2nd SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Line 1	Orange Chicken with Vegetable Fried Rice	Chicken Drumstick with WG Biscuit	Hamburger or Cheeseburger on WG Bun ★	Boneless Chicken Wings with Choice of Sauce and WG Dinner Roll ★	Broccoli Cheddar Soup with WG Grilled Cheese Sandwich ▶
	Line 2					
	Line 3	Bosco Sticks ▶ with Marinara Sauce	Cheese ▶ or Pepperoni Pizza Pull-Aparts	Calzone with Marinara Sauce	Cheese ▶ or Pepperoni Pizza Slice	Cheese Pizza Quesadilla ▶
	Line 4					
	Line 5	Taco Salad with Tostitos	Orange Chicken Salad with WG Dinner Roll	Yogurt with Cheese Stick and Muffin ▶	Spicy Chicken Wrap	Popcorn Chicken Salad with WG Dinner Roll
	Veggies	<i>Fresh Veggie Tray with Dip Steamed Broccoli Baked Beans</i>	<i>Fresh Veggie Tray with Dip Green Beans <b>P</b></i>	<i>Fresh Veggie Tray with Dip Potato Smiles</i>	<i>Fresh Veggie Tray with Dip Mashed Potatoes with Gravy</i>	<i>Fresh Veggie Tray with Dip Waffle Fries</i>
Week 2	Line 1	Honey Sriracha with Vegetable Fried Rice	Regular or Spicy Chicken Sandwich on WG Bun ★	Eggstravaganza <b>P</b> with WG Dutch Waffle	BBQ Rib Sandwich <b>P</b> on WG Hoagie with WG Sun Chips	Nachos Grande with Tostitos
	Line 2					
	Line 3	WG Taquitos ★	Tony's Personal Pan Pizza	French Bread Pizza with Marianara Sauce ▶	Pasta Bar (Marinara Meat Sauce or Alfredo ▶ with Penne Pasta) with Garlic Bread	Minestrone Soup with WG Grilled Cheese Sandwich ★
	Line 4					
	Line 5	Spicy Chicken Salad with WG Dinner Roll	Honey Sriracha Chicken Salad with WG Dinner Roll	Chef Salad with WG Dinner Rolls	Deli Wrap	Yogurt with Cheese Stick and Muffin ▶
	Veggies	<i>Fresh Veggie Tray with Dip California Blend</i>	<i>Fresh Veggie Tray with Dip Potato Smiles</i>	<i>Fresh Veggie Tray with Dip Seasoned Potatoes</i>	<i>Fresh Veggie Tray with Dip Baked Beans</i>	<i>Fresh Veggie Tray with Dip Corn and Black Bean Fiesta Blend</i>
		WG = whole grain ▶ = vegetarian (no meat) ★ = vegetarian version/alternative available (see detailed menu) <b>P</b> = contains pork	Fruit and Low Fat/ Skim Milk offered daily  (100% juice offered as a fruit option on Fridays)	Additional entrée option of PBJ Uncrustable (5.3 oz) ▶ and Yogurt Parfait with Grahams ▶ 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 2026					FEBRUARY 2026					MARCH 2026					APRIL 2026					MAY 2026				
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
29	30	31	1	2	2	3	4	5	6	2	3	4	5	6			1	2	3					1
5	6	7	8	9	9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
12	13	14	15	16	16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
19	20	21	22	23	23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
26	27	28	29	30						30	31				27	28	29	30		25	26	27	28	29

Menus subject to change. The institution is an equal opportunity provider.



# Detailed Vegetarian Menu

## PERRY MERIDIAN HIGH LUNCH MENU

### 2025-2026 2nd SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Line 1			Morningstar Spicy Black Bean Burger on WG Bun	Morningstar Meatless Nuggets with WG Dinner Roll	Broccoli Cheddar Soup with WG Grilled Cheese Sandwich
	Line 2					
	Line 3	Bosco Sticks with Marinara Sauce	Cheese Pizza Pull-Aparts		Cheese Pizza Slice	Cheese Pizza Quesadilla
	Line 4					
	Line 5			Yogurt with Cheese Stick and Muffin		
	Veggies	Fresh Veggie Tray with Dip Steamed Broccoli Baked Beans	Fresh Veggie Tray with Dip	Fresh Veggie Tray with Dip Potato Smiles	Fresh Veggie Tray with Dip Mashed Potatoes with Gravy	Fresh Veggie Tray with Dip Waffle Fries
<b>Week 2</b>	Line 1		Rebellyous Foods Vegan Chicken Patty on WG Bun			
	Line 2					
	Line 3	Morningstar Meatless Nuggets with WG Dinner Roll		French Bread Pizza with Marianara Sauce	Alfredo Pasta with Garlic Bread	WG Grilled Cheese Sandwich
	Line 4					
	Line 5					Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip California Blend	Fresh Veggie Tray with Dip Potato Smiles	Fresh Veggie Tray with Dip Seasoned Potatoes	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Corn and Black Bean Fiesta Blend
WG = whole grain		Fruit and Low Fat/ Skim Milk offered daily  (100% juice offered as a fruit option on Fridays)		Additional entrée option of PBJ Uncrustable (5.3 oz) ► and Yogurt Parfait with Grahams ► 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 2026

#### FEBRUARY 2026

#### MARCH 2026

#### APRIL 2026

#### MAY 2026

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

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# PERRY MERIDIAN HIGH BREAKFAST MENU 2025-2026 2nd SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	WG Donut Holes in a Cup ➤	Breakfast Pizza Bagel <b>P</b>	WG Breakfast Bar ➤ (Dunkin's Sticks)	Chicken Sausage Croissant Sandwich	Pillsbury Apple Frudel ➤
<b>Week 2</b>	Otis Spunkmeyer WG Muffin ➤ (4oz)	Pillsbury Mini Cinni ➤ (Caramel or Cinnamon)	Sausage Pancake on a Stick	WG Flavored Bread ➤ (Banana, Pumpkin, Blueberry, or Zucchini)	Chicken Sausage Biscuit Sandwich

<p>WG = whole grain</p> <p>➤ = vegetarian (no meat)</p> <p><b>P</b> = contains pork</p>	<p>Fruit, Juice, &amp; Low Fat/Skim Milk offered daily</p> <p>WG Pop Tart (2ct) ➤ offered daily week 1</p> <p>Cereal (2oz) ➤ offered daily week 2</p>	<p>Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal</p>
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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
29	30	31	1	2	2	3	4	5	6	2	3	4	5	6			1	2	3					1
5	6	7	8	9	9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
12	13	14	15	16	16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
19	20	21	22	23	23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
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