



# PERRY MERIDIAN HIGH LUNCH MENU 2026-2027 1st SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<b>Line 1</b>	Beef Soft Tacos	Mongolian Beef and Noodles	BBQ Rib Sandwich <sup>P</sup> on WG Hoagie with WG Sun Chips	French Bread Pizza with Marinara Sauce ➤	Beef and Cheese Burrito
	<b>Line 4</b>					
	<b>Line 2</b>	Chicken Drumstick with WG Biscuit ★	Hamburger or Cheeseburger on WG Bun ★	Eggstravaganza <sup>P</sup> with WG Churro Bites	Pasta Bar (Marinara Meat Sauce or Alfredo ➤ with Penne Pasta) with Garlic Bread	Chicken Fries with WG Dinner Roll ★
	<b>Line 3</b>					
	<b>Line 5</b>	Popcorn Chicken Salad with WG Crackers	BLT Salad <sup>P</sup> with WG Dinner Roll	Yogurt with Cheese Stick and Muffin ➤	Chef Salad with WG Dinner Rolls	Spicy Chicken Salad with WG Dinner Roll
	<b>Veggies</b>	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Potato Smiles	Fresh Veggie Tray with Dip Seasoned Potatoes Baked Beans	Fresh Veggie Tray with Dip Green Beans <sup>P</sup>	Fresh Veggie Tray with Dip Corn and Black Bean Fiesta Blend
<b>Week 2</b>	<b>Line 1</b>	Cheese ➤ or Pepperoni Pizza Pull-Aparts	Chicken Egg Rolls with Sweet and Sour Sauce	French Toast Sticks with Eggstravaganza <sup>P</sup>	Bosco Sticks with Marinara Sauce ➤	Spicy or Regular Chicken Tenders with WG Dinner Roll
	<b>Line 4</b>					
	<b>Line 2</b>	Regular or Spicy Chicken Sandwich on WG Bun ★	Chicken & Cheese Empanadas ★	Nachos Grande with Tostitos ★	Chicken Nuggets with WG Dinner Roll ★	Mozzarella Sticks with Marinara Sauce ➤
	<b>Line 3</b>					
	<b>Line 5</b>	Spicy Chicken Tender Wrap	Deli Wrap	Yogurt with Cheese Stick and Muffin ➤	Beef Taco Salad with WG Tostitos	Regular Chicken Tender Wrap
	<b>Veggies</b>	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Green Beans Broccoli <sup>P</sup>	Fresh Veggie Tray with Dip Seasoned Potatoes	Fresh Veggie Tray with Dip Mashed Potatoes	Fresh Veggie Tray with Dip Corn
		WG = whole grain ➤ = vegetarian (no meat) ★ = vegetarian version/alternative available (see detailed menu) <sup>P</sup> = 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

JUL/AUG 2026					SEPTEMBER 2026					OCTOBER 2026					NOVEMBER 2026					DECEMBER 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
27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
10	11	12	13	14	14	15	16	17	18	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18
17	18	19	20	21	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
24	25	26	27	28	28	29	30			26	27	28	29	30	30						28	29	30	31
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# Detailed Vegetarian Menu

## PERRY MERIDIAN HIGH LUNCH MENU

### 2026-2027 1st SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Line 1				French Bread Pizza with Marinara Sauce	
	Line 2					
	Line 3	Morningstar Meatless Nuggets with WG Dinner Roll	Morningstar Spicy Black Bean Burger on WG Bun		Alfredo Pasta with Garlic Bread	Morningstar Meatless Nuggets with WG Dinner Roll
	Line 4					
	Line 5			Yogurt with Cheese Stick and Muffin		
	Veggies	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Potato Smiles	Fresh Veggie Tray with Dip Seasoned Potatoes Baked Beans	Fresh Veggie Tray with Dip	Fresh Veggie Tray with Dip Corn and Black Bean Fiesta Blend
<b>Week 2</b>	Line 1	Cheese Pizza Pull-Aparts			Bosco Sticks with Marinara Sauce	
	Line 2					
	Line 3	Rebillyous Foods Vegan Chicken Patty on WG Bun	Morningstar Spicy Black Bean Burger on WG Bun	Nachos (without beef double cheese) with Tostitos	Morningstar Meatless Nuggets with WG Dinner Roll	Mozzarella Sticks with Marinara Sauce
	Line 4					
	Line 5			Yogurt with Cheese Stick and Muffin		
	Veggies	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Broccoli	Fresh Veggie Tray with Dip Seasoned Potatoes	Fresh Veggie Tray with Dip Mashed Potatoes	Fresh Veggie Tray with Dip Corn
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

#### JUL/AUG 2026

#### SEPTEMBER 2026

#### OCTOBER 2026

#### NOVEMBER 2026

#### DECEMBER 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
27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
10	11	12	13	14	14	15	16	17	18	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18
17	18	19	20	21	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
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# PERRY MERIDIAN HIGH BREAKFAST MENU 2026-2027 1st SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Pillsbury Mini Cinni ➤ (Caramel or Cinnamon)	Chocolate Belgian Waffle ➤	WG Breakfast Pizza Bagel <b>P</b>	Bagel with Cream Cheese ➤ (Strawberry or Plain)	Chicken Sausage Croissant Sandwich
<b>Week 2</b>	WG Cinnamon Roll ➤	Pillsbury Bagel Bites ➤ (Strawberry Cream Cheese)	WG Breakfast Burrito (Turkey Sausage, Egg, & Cheese)	Chicken Sausage Biscuit Sandwich	WG Breakfast Bar ➤ (Dunkin' Sticks)

WG = whole grain  
➤ = vegetarian (no meat)  
**P** = contains pork

Fruit, Juice, & Low Fat/Skim Milk offered daily  
Cereal (2oz) ➤ 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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27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4	
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	
10	11	12	13	14	14	15	16	17	18	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18	
17	18	19	20	21	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25	
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