



Kindergarten Fall 2019 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/ Cheese stick Baked Beans Fruit/Fresh Fruit Milk	Walking Taco w/ Toppings PBJ Uncrustable w/ Cheese stick Green Beans/Refried Beans Fruit/Fresh Fruit Milk	Yogurt/Cheese stick/Muffin PBJ Uncrustable w/ Cheese stick Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Hamburger/ Cheeseburger PBJ Uncrustable w/ Cheese stick Potato Smiles Fruit/Fresh Fruit Milk	Pizza Pull-aparts PBJ Uncrustable w/ Cheese stick Broccoli Fresh Fruit/Juice Milk
		Honey BBQ Rib Sandwich PBJ Uncrustable w/ Cheese stick Tator Tots Fruit/Fresh Fruit Milk	Beef Soft Taco PBJ Uncrustable w/ Cheese stick Refried Beans/Fresh Veggies Fruit/Fresh Fruit Milk	Mini Hot Dog w/ Mac n Cheese PBJ Uncrustable w/ Cheese stick Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Chicken Patty Sandwich PBJ Uncrustable w/ Cheese stick Baked Beans Fruit/Fresh Fruit Milk	Pizza Slice PBJ Uncrustable w/ Cheese stick Broccoli Fresh Fruit/Juice Milk
WEEK 3		Popcorn Chicken Bowl w/ Dinner Roll PBJ Uncrustable w/ Cheese stick Mashed Potatoes w/ Gravy Fruit/Fresh Fruit Milk	Beef Nachos w/ Tortilla Chips PBJ Uncrustable w/ Cheese stick Refried Beans/Corn Fruit/Fresh Fruit Milk	Orange Chicken Rice Bowl PBJ Uncrustable w/ Cheese stick Broccoli Fruit/Fresh Fruit Milk	Cheese Omelet w/ Cinnamon Roll PBJ Uncrustable w/ Cheese stick Sweet Potato Fries Fruit/Fresh Fruit Milk	4x6 Pizza PBJ Uncrustable w/ Cheese stick Green Beans Fresh Fruit/Juice Milk

Two Week Breakfast Menu

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal/Cereal Bar Raisins Juice Milk	Breakfast Pizza Bagel Orange Slices Juice Milk	Confetti Pancakes Banana Juice Milk	WG Muffin Apple Slices Juice Milk	Sausage Biscuit Fresh Fruit Juice Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Pop Tart Raisins Juice Milk	Sausage Pancake Stick Orange Slices Juice Milk	WG Breakfast Bar Banana Juice Milk	Mini Cinni Apple Slices Juice Milk	UBR Bar Fresh Fruit Juice Milk

July /August 2019							September 2019							October 2019							November 2019							December 2019							
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
				24	25	26	27	1	2	3	4	5	6	7			1	2	3	4	5						1	2	1	2	3	4	5	6	7
	28	29	30	31	1	2	3	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
	4	5	6	7	8	9	10	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
	11	12	13	14	15	16	17	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
	18	19	20	21	22	23	24	29	30					27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					

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

7/19

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.