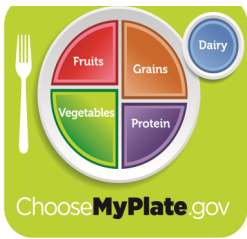




Elementary Spring 2020 Menu

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 8-10 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.



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 Garden Salad w/ Breadsticks PBJ Uncrustable Mashed Potatoes w/ Gravy Fruit/Fresh Fruit Milk	Walking Taco w/ Toppings Yogurt/Cheese stick/Muffin PBJ Uncrustable Green Beans/Refried Beans Fruit/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Hamburger/ Cheeseburger Taco Salad w/ Tortilla Chips PBJ Uncrustable Potato Smiles Fruit/Fresh Fruit Milk	Pizza Pull-aparts Popcorn Chicken Salad w/ Dinner Roll PBJ Uncrustable Broccoli Fruit/Fresh Fruit/Juice Milk	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	WEEK 2		Honey BBQ Rib Sandwich Garden Salad w/ Breadsticks PBJ Uncrustable Tator Tots Fruit/Fresh Fruit Milk	Chicken & Cheese Quesadilla Yogurt/Cheese stick/Muffin PBJ Uncrustable Refried Beans/Corn Fruit/Fresh Fruit Milk	Mini Corn Dogs Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Orange Chicken Rice Bowl w/ Dinner Roll Taco Salad w/ Tortilla Chips PBJ Uncrustable Broccoli Fruit/Fresh Fruit Milk	Pizza Slice Popcorn Chicken Salad w/ Dinner Roll PBJ Uncrustable Green Beans Fruit/Fresh Fruit/Juice Milk
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEEK 3		Chicken Patty Sandwich Garden Salad w/ Breadsticks PBJ Uncrustable Baked Beans Fruit/Fresh Fruit Milk	Beef Nachos w/ Tortilla Chips Yogurt/Cheese stick/Muffin PBJ Uncrustable Carrots/ Corn Fruit/Fresh Fruit Milk	Pasta Bake Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Green Beans Fruit/Fresh Fruit Milk	Cheese Omelet w/ Cinnamon Roll Taco Salad w/ Tortilla Chips PBJ Uncrustable Seasoned Potatoes Fruit/Fresh Fruit Milk	4x6 Pizza Popcorn Chicken Salad w/ Dinner Roll PBJ Uncrustable Broccoli Fruit/Fresh Fruit/Juice Milk
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	

Two Week Breakfast Menu

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal/Cereal Bar Fresh Fruit Juice Milk	Breakfast Pizza Bagel Fresh Fruit Juice Milk	WG Muffin Fresh Fruit Juice Milk	Confetti Pancakes Fresh Fruit Juice Milk	Sausage Biscuit Fresh Fruit Juice Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Pop Tart Fresh Fruit Juice Milk	Dunkin Stick Fresh Fruit Juice Milk	Sausage Pancake Stick Fresh Fruit Juice Milk	Cinn. Toast Crunch Bar Fresh Fruit Juice Milk	J&J Bar Fresh Fruit Juice 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.