

RISE Fall 2021 Menu

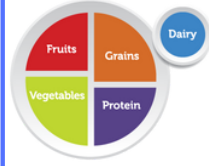
**Perry Township Schools follows the
USDA Nutrition Standards for
School Meal**

Students are offered weekly at lunch:
At least 2.5 c. fruit
At least 3.75 c. vegetables
8-12 oz. grain
8-10 oz. protein

-Low fat/skim milk offered daily
-Lunches = 550-650calories
-Must take fruit or vegetable

**Meals are FREE for the
2021-2022 school year**
Menus subject to change

For menus, nutritional analysis, account payments, and balances, visit perryschools.org



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Smackers w/ Dinner Roll Garden Salad w/ Dinner Rolls PBJ Uncrustable Mashed Potatoes Fruit/Fresh Fruit Milk	Walking Taco w/ Toppings Yogurt Cheese Stick/ Muffin PBJ Uncrustable Corn or Refried Beans w/ Cheese Fruit/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Cooked Carrots 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 w/ Cheese Fruit/Fresh Fruit/Juice Milk

WEEK 2

Bosco Sticks w/ Marinara Garden Salad w/ Dinner Rolls PBJ Uncrustable California Blend Fruit/Fresh Fruit Milk	Beef Nachos w/ Tortilla Chips Yogurt Cheese Stick/ Muffin PBJ Uncrustable Corn or Refried Beans w/ Cheese Fruit/Fresh Fruit Milk	Spaghetti w/ Breadstick Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Green Beans 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 Cooked Carrots Fruit/Fresh Fruit/Juice Milk
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WEEK 3

Chicken Patty Sandwich Garden Salad w/ Dinner Rolls PBJ Uncrustable Broccoli w/ Cheese Fruit/Fresh Fruit Milk	Chicken Burrito Bowl Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Corn or Refried Beans w/ Cheese Fruit/Fresh Fruit Milk	Mini Corn Dogs Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Cooked Carrots 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 Green Beans Fruit/Fresh Fruit/Juice Milk
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TWO WEEK BREAKFAST MENU

WEEK 1

Cereal Bar Fresh Fruit Juice Milk	Breakfast Pizza Bagel Fresh Fruit Juice Milk	Confetti Pancakes Fresh Fruit Juice Milk	WG Muffin Fresh Fruit Juice Milk	Mini Donuts Fresh Fruit Juice Milk
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WEEK 2

WG Pop Tart Fresh Fruit Juice Milk	J&J Bar Fresh Fruit Juice Milk	Mini Cinni Fresh Fruit Juice Milk	WG Breakfast Bar Fresh Fruit Juice Milk	UBR Bar Fresh Fruit Juice Milk
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AUG 2021					SEPT 2021					OCT 2021					NOV 2021					DEC 2021				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
2	3	4	5	6			1	2	3					1	1	2	3	4	5					1
9	10	11	12	15	6	7	8	9	10	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10
16	17	18	19	20	15	14	15	16	17	11	12	15	14	15	15	16	17	18	19	15	14	15	16	17
23	24	25	26	27	20	21	22	23	24	18	19	20	21	22	22	23	24	25	26	20	21	22	25	24
30	31				27	28	29	30	25	26	27	28	29	29	30				27	28	29	30	31	

July 26-30 will start on Week 1 Lunch & Breakfast



This institution is an equal opportunity provider.