

# PMHS Fall 2021 Temporary Menu

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

Students are offered weekly:

-At least 5 c. fruit

At least 5 c. vegetables

8-12 oz. grain

8-10 oz. protein

-Low fat/skim milk offered daily

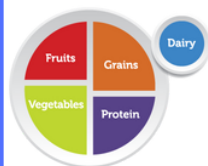
-Lunches = 550-650calories

-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](http://perryschools.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALL LINES</b>	<b>ALL LINES</b>	<b>ALL LINES</b>	<b>ALL LINES</b>	<b>ALL LINES</b>
Stuffed Pretzels w/ Cheese	Spicy or Regular Chicken Tenders Wrap	Hamburger or Cheeseburger on WG Bun	Nachos Grande	Calzone w/ Marinara Sauce
<b>MARKET FRESH</b>	<b>MARKET FRESH</b>	<b>MARKET FRESH</b>	<b>MARKET FRESH</b>	<b>MARKET FRESH</b>
Hot n Spicy Chicken Salad w/ WG Dinner Roll	Taco Salad w/ Tostitos	Garden Salad w/ WG Dinner Rolls	Yogurt/Cheese Stick/Muffin	Chef Salad w/ WG Dinner Rolls
PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable

## SIDES

Fresh Veggie Tray w/ Dip Steamed Broccoli	Fresh Veggie Tray w/ Dip Baked Beans	Fresh Veggie Tray w/ Dip California Blend	Fresh Veggie Tray w/ Dip Corn	Fresh Veggie Tray w/ Dip Green Beans
Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit	Fresh or Canned Fruit Frozen Fruit Cup
Milk	Milk	Milk	Milk	Milk

## BREAKFAST MENU

WG Breakfast Bar Cereal Bowl Fresh Fruit Juice Milk	J&J Bar Cereal Bowl Fresh Fruit Juice Milk	Pop Tart (2ct) Cereal Bowl Fresh Fruit Juice Milk	UBR Bar Cereal Bowl Fresh Fruit Juice Milk	Chocolate or Powdered Sugar Mini Donuts Cereal Bowl Fresh Fruit Juice Milk
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