

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

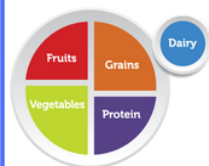
-Lunches = 550-650calories

-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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------------------------------|-------------------------------------|----------------------------|---|
| ALL LINES | ALL LINES | ALL LINES | ALL LINES | ALL LINES |
| Philly Cheesestick Sandwich | Spicy or Regular Chicken Tenders Wrap | Hamburger or Cheeseburger on WG Bun | Nachos Grande | Bosco Sticks w/ Marinara Sauce or Calzone w/ Marinara Sauce |
| MARKET FRESH | MARKET FRESH | MARKET FRESH | MARKET FRESH | MARKET FRESH |
| 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 Mashed Potatoes | Fresh Veggie Tray w/ Dip Baked Beans | 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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