

RISE Fall 2021 Menu

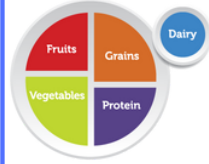
**Perry Township Schools follows the
USDA Nutrition Standards for
School Meal**

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

Chicken Smackers w/ Dinner Roll
Garden Salad w/ Dinner Rolls
PBJ Uncrustable
Mashed Potatoes
Fruit/Fresh Fruit
Milk

TUESDAY

Walking Taco w/ Toppings
Yogurt Cheese Stick/
Muffin
PBJ Uncrustable
Corn or Refried Beans w/ Cheese
Fruit/Fresh Fruit
Milk

WEDNESDAY

French Toast Sticks w/ Eggstravaganza
Hot n Spicy Chicken Salad w/ Dinner Roll
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

THURSDAY

Hamburger/ Cheeseburger
Taco Salad w/ Tortilla Chips
PBJ Uncrustable
Potato Smiles
Fruit/Fresh Fruit
Milk

FRIDAY

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

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

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

Cherry or Apple Frudel
Fresh Fruit
Juice
Milk

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

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	2	3
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	23	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.