

# PMMS Fall 2021 Construction Menu

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

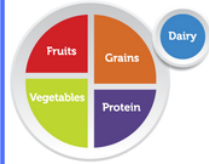
Students are offered weekly at lunch:  
At least 2.5 c. fruit  
At least 3.75 c. vegetables  
8-12 oz. grain  
8-10 oz. protein

-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](http://perryschools.org)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Honey BBQ Rib on WG Bun  Hot n Spicy Chicken Salad w/ Roll  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Nachos Grande  Taco Salad w/ Tostitos  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Hamburger/ Cheeseburger on WG Bun  Garden Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Green Beans Canned/Fresh Fruit Milk	Biscuit Sticks w/ Gravy  Yogurt/Cheese Stick/ Muffin  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Seasoned Potatoes Canned/Fresh Fruit Milk	Bosco Sticks w/ Marinara Sauce  Chef Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk
	Mac n Cheese w/ WG Roll  Hot n Spicy Chicken Salad w/ Roll  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Walking Taco  Taco Salad w/ Tostitos  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Philly Cheesesteak Sandwich on WG Hoagie  Garden Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Green Beans Canned/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza  Yogurt/Cheese Stick/ Muffin  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Seasoned Potatoes Canned/Fresh Fruit Milk	4x6 Pepperoni Pizza  Chef Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk

## TWO WEEK BREAKFAST MENU

Cherry or Apple Frudel Fresh Fruit Juice Milk	Mini Confetti Pancakes Fresh Fruit Juice Milk	Maple Waffle Fresh Fruit Juice Milk	UBR Bar Fresh Fruit Juice Milk	WG Breakfast 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	2	3
9	10	11	12	13	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	13	14	15	16	17	11	12	13	14	15	15	16	17	18	19	13	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	