

PMHS Fall 2021 Menu

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

Students are offered weekly at lunch:

At least 5 c. fruit

At least 5 c. vegetables

8-12 oz. grain

8-10 oz. protein

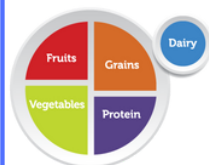
-Low fat/skim milk offered daily

-Lunches = 550-650calories

-Must take fruit or vegetable

**Meals are FREE for the
2021-2022 school year**

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



MONDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Stuffed Pretzel
w/ Cheese Cup

Oriental Chicken
Bowl

MARKET FRESH

Hot n Spicy Chicken
Salad w/
WG Dinner Roll

PBJ Uncrustable

TUESDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Regular or Hot n
Spicy Chicken Patty
on WG Bun

Nachos Grande

MARKET FRESH

Taco Salad w/
Tostitos
Yogurt/Cheese
Stick/Muffin
PBJ Uncrustable

WEDNESDAY

LA PIZZERIA

Calzone w/
Marinara Sauce

OTHER LINES

Boneless Chicken
Wings w/
Choice of Sauce

Popcorn Chicken
Bowl

MARKET FRESH

Garden Salad w/
Rolls

PBJ Uncrustable

THURSDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Hamburger or
Cheeseburger on
WG BUN

Tortilla Soup
w/ Tostitos

MARKET FRESH

Popcorn Chicken
Salad
Yogurt Parfait
PBJ Uncrustable

FRIDAY

LA PIZZERIA

Calzone w/
Marinara Sauce

OTHER LINES

Chicken Drumstick
w/ Mac n Cheese
and Biscuit

Spicy Chicken
Tender Wrap

MARKET FRESH

Yogurt/Cheese
Stick/Muffin
PBJ Uncrustable

SIDES

Fresh Veggie Tray
w/ Dip
Oriental Blend

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
w/ Dip
Refried Beans w/
Cheese
Corn

Fresh or Canned Fruit
Milk

Fresh Veggie Tray
w/ Dip
Mashed Potatoes
(w/ Popcorn Chicken Bowl
only)

Broccoli w/ Cheese

Fresh or Canned Fruit
Milk

Fresh Veggie Tray
w/ Dip
French Fries

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
w/ Dip
Green Beans

Fresh or Canned
Fruit

Frozen Fruit Cup
Milk

BREAKFAST MENU

WG Muffin
WG Pop Tart (2ct)
Cereal Bowl
Fresh Fruit
Juice
Milk

Breakfast Pizza Bagel
Cereal Bowl
Fresh Fruit
Juice
Milk

Cherry or Apple
Frudel
Cereal Bowl
Fresh Fruit
Juice
Milk

Sausage Pancake
on a Stick
Cereal Bowl
Fresh Fruit
Juice
Milk

Confetti Pancakes
Cereal Bowl
Fresh Fruit
Juice
Milk