

# 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

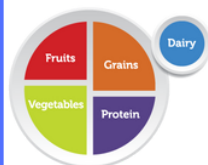
-Low fat/skim milk offered daily

-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](http://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  
Seasoned Potatoes

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