

# PMMS Fall 2021 Construction Menu

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

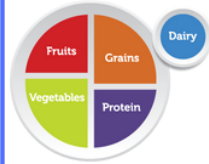
Students are offered weekly at lunch:  
At least 2.5 c. fruit  
At least 3.75 c. vegetables  
8-12 oz. grain  
8-10 oz. protein

-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>	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	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
<b>WEEK 2</b>	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	Soft Pretzel w/ Cheese 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

## 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	

Menus subject to change.



This institution is an equal opportunity provider.