

Compass Winter 2022 Menu

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

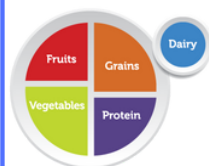
Students are offered weekly:

- 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 = 550-650 calories
- 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

Bosco Sticks
w/ Marinara
Sauce

Chicken
Smackers w/
WG Dinner
Roll

PBJ
Uncrustable

TUESDAY

Regular or
Spicy
Chicken Patty
Sandwich

Pizza Pull-
Aparts

PBJ
Uncrustable

WEDNESDAY

Yogurt/
Cheese Stick/
Muffin

Boneless
Chicken Wings
w/ Choice of
Sauce

PBJ
Uncrustable

THURSDAY

Regular or
Spicy
Chicken Wrap

Soft Pretzel
w/ Cheese

PBJ
Uncrustable

FRIDAY

Cheeseburger
or Hamburger
on WG Bun

Smart Mouth
Pizza

PBJ
Uncrustable

SIDES

Fresh Veggie Tray
w/ Dip
Mashed Potatoes

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
w/ Dip
Potato Smiles

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
w/ Dip
Steamed Broccoli

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
w/ Dip
Green Beans

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
w/ Dip
Baked Beans

Fresh or Canned Fruit
Frozen Fruit Cup

Milk

BREAKFAST MENU

WG Muffin
WG Waffles
Fresh Fruit
Juice
Milk

Blueberry Lemon Bar
WG Breakfast Bar
Fresh Fruit
Juice
Milk

Sausage Pancake
on a Stick
WG Pop Tart (2ct)
Fresh Fruit
Juice
Milk

Sweet Roll
Cereal Bowl
Fresh Fruit
Juice
Milk

Donut Holes
Pop Tart (2ct)
Fresh Fruit
Juice
Milk