

# Elementary Winter 2022 Menu

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

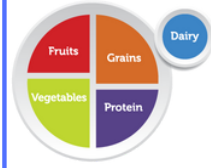
Students are offered weekly at lunch:

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**

For menus, nutritional analysis, account payments, and  
balances, visit [perryschools.org](http://perryschools.org)



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Smackers w/ Dinner Roll Pepperoni Pizza Munchable PBJ Uncrustable Mashed Potatoes Fruit/Fresh Fruit Milk	Beef Nachos w/ Tortilla Chips Yogurt Cheese Stick/ Muffin PBJ Uncrustable Corn or Refried Beans w/ Cheese Fruit/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza Taco Salad w/ Tortilla Chips PBJ Uncrustable Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	Hamburger/ Cheeseburger Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Potato Smiles Fruit/Fresh Fruit Milk	Pizza Pull-Aparts Soft Pretzel w/ Cheese PBJ Uncrustable Broccoli w/ Cheese Fruit/Fresh Fruit/Juice Milk

WEEK 2

Bosco Sticks w/ Marinara Pepperoni Pizza Munchable PBJ Uncrustable Corn Fruit/Fresh Fruit Milk	Hot Ham & Cheese Sandwich Yogurt Cheese Stick/ Muffin PBJ Uncrustable Green Beans Fruit/Fresh Fruit Milk	Mini Corn Dogs Taco Salad w/ Tortilla Chips PBJ Uncrustable Baked Beans Fruit/Fresh Fruit Milk	Orange Chicken Rice Bowl w/ Dinner Roll Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Broccoli Fruit/Fresh Fruit Milk	Pizza Slice Soft Pretzel w/ Cheese PBJ Uncrustable Baby Carrots w/ Dip Fruit/Fresh Fruit/Juice Milk
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WEEK 3

Chicken Tenders w/ WG Dinner Roll Pepperoni Pizza Munchable PBJ Uncrustable Green Beans Fruit/Fresh Fruit Milk	Grilled Cheese Sandwich Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Baby Carrots w/ Dip Fruit/Fresh Fruit Milk	BBO Rib Sandwich Taco Salad w/ Tortilla Chips PBJ Uncrustable Baked Beans Fruit/Fresh Fruit Milk	Cheese Omelet w/ Cinnamon Roll Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Seasoned Potatoes Fruit/Fresh Fruit Milk	4x6 Pizza Soft Pretzel w/ Cheese PBJ Uncrustable Broccoli w/ Cheese Fruit/Fresh Fruit/Juice Milk
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## TWO WEEK BREAKFAST MENU

WEEK 1

Blueberry Lemon Bar Fresh Fruit Juice Milk	Sausage Biscuit Sandwich Fresh Fruit Juice Milk	Donut Holes Fresh Fruit Juice Milk	WG Muffin Fresh Fruit Juice Milk	Cherry or Apple Frudel Fresh Fruit Juice Milk
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WEEK 2

WG Pop Tart Fresh Fruit Juice Milk	Sausage Pancake on a Stick Fresh Fruit Juice Milk	Mini Cinni Fresh Fruit Juice Milk	WG Breakfast Bar Fresh Fruit Juice Milk	WG Waffle Fresh Fruit Juice Milk
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••• breakfast      — lunch

This institution is an equal opportunity provider.  
Menus subject to change.