

JWR 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

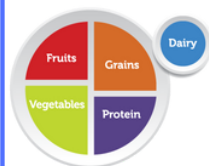
-Low fat/skim milk offered daily

-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

PBJ
Uncrustable

TUESDAY

Chicken Patty
Sandwich

PBJ
Uncrustable

WEDNESDAY

Yogurt/
Cheese Stick/
Muffin

PBJ
Uncrustable

THURSDAY

Regular
Chicken Wrap

PBJ
Uncrustable

FRIDAY

Cheeseburger
or Hamburger
on WG Bun

PBJ
Uncrustable

SIDES

Corn

Fresh Fruit

Milk

Carrots

Fresh Fruit

Milk

Steamed
Broccoli

Fresh Fruit

Milk

Fresh Veggie
Tray w/ Dip

Fresh Fruit

Milk

Baked Beans

Fresh Fruit

Milk

BREAKFAST MENU

WG Muffin
Fresh Fruit
Juice
Milk

WG Breakfast
Bar
Fresh Fruit
Juice
Milk

Blueberry
Lemon Bar
Fresh Fruit
Juice
Milk

Sweet Roll
Fresh Fruit
Juice
Milk

Donut Holes
Fresh Fruit
Juice
Milk