

# Kindergarten 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

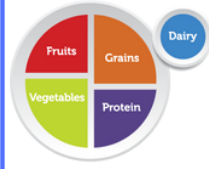
-Low fat/skim milk offered daily

-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 [peryschools.org](http://peryschools.org)



WEEK 1

## MONDAY

Chicken Smackers w/  
WG Dinner Roll  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Mashed Potatoes  
Fruit/Fresh Fruit  
Milk

## TUESDAY

Beef Nachos w/  
Tortilla Chips  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Corn or Refried Beans  
w/ Cheese  
Fruit/Fresh Fruit  
Milk

## WEDNESDAY

Mini Corn Dogs  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Baby Carrots w/ Dip  
Fruit/Fresh Fruit  
Milk

## THURSDAY

Hamburger/  
Cheeseburger  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Green Beans  
Fruit/Fresh Fruit  
Milk

## FRIDAY

Pizza Pull-Aparts  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Broccoli w/ Cheese  
Fruit/Fresh Fruit/Juice  
Milk

WEEK 2

Bosco Sticks w/  
Marinara  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Green Beans  
Fruit/Fresh Fruit  
Milk

Hot Dog w/ Bun  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Potato Smiles  
Fruit/Fresh Fruit  
Milk

Yogurt/Cheese  
Stick/Muffin  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Baby Carrots w/ Dip  
Fruit/Fresh Fruit  
Milk

Soft Pretzel w/ Cheese  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Corn or Refried Beans  
w/ Cheese  
Fruit/Fresh Fruit  
Milk

Pizza Slice  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Broccoli w/ Cheese  
Fruit/Fresh Fruit/Juice  
Milk

WEEK 3

Chicken Tenders w/  
WG Dinner Roll  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Baked Beans  
Fruit/Fresh Fruit  
Milk

Grilled Cheese Sandwich  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Green Beans  
Fruit/Fresh Fruit  
Milk

Pepperoni Pizza  
Munchable  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Baby Carrots w/ Dip  
Fruit/Fresh Fruit  
Milk

Cheese Omelet  
w/ Cinnamon Roll  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Seasoned Potatoes  
Fruit/Fresh Fruit  
Milk

4x6 Pizza  
PBJ Uncrustable w/  
Cheese Stick/Grahams  
Broccoli w/ Cheese  
Fruit/Fresh Fruit/Juice  
Milk

## 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

WEEK 2

WG Pop Tart  
Fresh Fruit  
Juice  
Milk

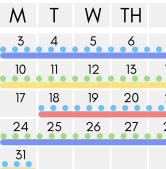
Sausage Pancake  
on a Stick  
Fresh Fruit  
Juice  
Milk

Mini Cinni  
Fresh Fruit  
Juice  
Milk

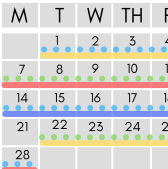
WG Breakfast Bar  
Fresh Fruit  
Juice  
Milk

WG Waffle  
Fresh Fruit  
Juice  
Milk

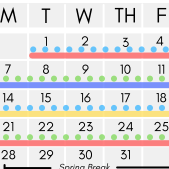
### JAN 2022



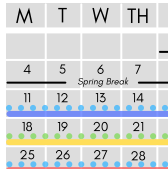
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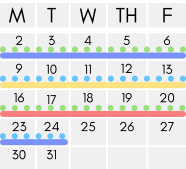
### MAR 2022



### APR 2022



### MAY 2022



••• breakfast      — lunch

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