

# PMHS Winter 2022 Menu

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

Students are offered weekly at lunch:

At least 5 c. fruit

At least 5 c. vegetables

8-12 oz. grain

8-10 oz. protein

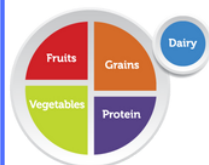
-Low fat/skim milk offered daily

-Lunches = 550-650calories

-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)



## MONDAY

### LA PIZZERIA

Cheese or  
Pepperoni Pizza  
Slice

### OTHER LINES

Spicy Chicken  
Tender Wraps

Chicken Drumstick  
w/ Mac n Cheese  
and Biscuit

### MARKET FRESH

Hot n Spicy Chicken  
Salad w/  
WG Dinner Roll

PBJ Uncrustable

## TUESDAY

### LA PIZZERIA

Cheese or  
Pepperoni Pizza  
Slice

### OTHER LINES

Chili with Breadstick

Nachos Grande

### MARKET FRESH

Taco Salad w/  
Tostitos  
Yogurt/Cheese  
Stick/Muffin  
PBJ Uncrustable

## WEDNESDAY

### LA PIZZERIA

Calzone w/  
Marinara Sauce

### OTHER LINES

Boneless Chicken  
Wings w/  
Choice of Sauce

Cheese Pizza  
Quesadilla

### MARKET FRESH

Garden Salad w/  
Rolls

PBJ Uncrustable

## THURSDAY

### LA PIZZERIA

Cheese or  
Pepperoni Pizza  
Slice

### OTHER LINES

Hamburger or  
Cheeseburger on  
WG BUN

Biscuit Sticks w/  
Gravy

### MARKET FRESH

Popcorn Chicken  
Salad  
Yogurt Parfait  
PBJ Uncrustable

## FRIDAY

### LA PIZZERIA

Calzone w/  
Marinara Sauce

### OTHER LINES

Chili Cheese Dog

Spaghetti  
Noodles w/  
Choice White or  
Meat Sauce w/  
Breadstick

### MARKET FRESH

Yogurt/Cheese  
Stick/Muffin

PBJ Uncrustable

## SIDES

Fresh Veggie Tray  
w/ Dip  
Green Beans

Fresh or Canned  
Fruit

Milk

Fresh Veggie Tray  
w/ Dip  
Refried Beans w/  
Cheese  
Corn

Fresh or Canned Fruit

Milk

Fresh Veggie Tray  
w/ Dip  
Broccoli w/ Cheese

Fresh or Canned  
Fruit

Milk

Fresh Veggie Tray  
w/ Dip  
Seasoned Potatoes

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 Pop Tart (2ct)  
Cereal Bowl  
Fresh Fruit  
Juice  
Milk

Sausage Biscuit  
Sandwich  
Cereal Bowl  
Fresh Fruit  
Juice  
Milk

Donut Holes  
Cereal Bowl  
Fresh Fruit  
Juice  
Milk

Sausage Pancake  
on a Stick  
Cereal Bowl  
Fresh Fruit  
Juice  
Milk

Blueberry Lemon Bar  
Cereal Bowl  
Fresh Fruit  
Juice  
Milk