

# PMMS Winter 2022 Construction Menu

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

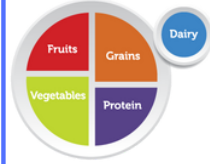
Students are offered weekly at lunch:  
At least 2.5 c. fruit  
At least 3.75 c. vegetables  
8-12 oz. grain  
8-10 oz. protein

-Low fat/skim milk offered daily  
-Lunches = 550-650 calories  
-Must take fruit or vegetable

**Meals are FREE for the  
2021-2022 school year**

Menus subject to change

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Mac n Cheese w/ WG Roll  Hot n Spicy Chicken Salad w/ Roll  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Nachos Grande  Taco Salad w/ Tostitos  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Hamburger/ Cheeseburger on WG Bun  Garden Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Baked Beans Canned/Fresh Fruit Milk	Cheese Pizza Quesadilla  Yogurt/Cheese Stick/ Muffin  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Seasoned Potatoes Canned/Fresh Fruit Milk	Bosco Sticks w/ Marinara Sauce  Chef Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk
	Spicy Chicken Wrap  Hot n Spicy Chicken Salad w/ Roll  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Walking Taco  Taco Salad w/ Tostitos  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Soft Pretzel w/ Cheese  Garden Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Green Beans Canned/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza  Yogurt/Cheese Stick/ Muffin  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Seasoned Potatoes Canned/Fresh Fruit Milk	4x6 Pepperoni Pizza  Chef Salad w/ WG Rolls  PBJ Uncrustable  Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk

## BREAKFAST MENU

Blueberry Lemon Bar Fresh Fruit Juice Milk	Donut Holes Fresh Fruit Juice Milk	WG Waffle Fresh Fruit Juice Milk	UBR Bar Fresh Fruit Juice Milk	WG Breakfast Bar Fresh Fruit Juice Milk
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JAN 2022					FEB 2022					MAR 2022					APR 2022					MAY 2022									
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F					
3	4	5	6	7	1	2	3	4		1	2	3	4						1	2	3	4	5	6					
10	11	12	13	14	7	8	9	10	11	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	17	18	19	20	21
17	18	19	20	21	14	15	16	17	18	14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	23	24	25	26	27
24	25	26	27	28	21	22	23	24	25	21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	30	31			
31					28					28	29	30	31	25	26	27	28	29	30	31									

Menus subject to change.



This institution is an equal opportunity provider.