

# Preschool-PTEC Winter 2022 Menu

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

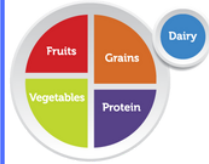
-Unflavored skim/low-fat milk daily  
-Must take fruit or vegetable

Students are offered weekly at lunch:

- At least 1.25 c. fruit
- At least 1.25 c. vegetables
- At least 2.5 oz. grain
- At least 7.5 oz. protein

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

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Chicken Smackers Baked Beans Fruit/Fresh Fruit Unflavored Milk	Yogurt/Cheese Stick/ Muffin Cooked Carrots Fruit/Fresh Fruit Unflavored Milk	Egg, Sausage Patty, & Biscuit Green Beans Fruit/Fresh Fruit Unflavored Milk	Hamburger/ Cheeseburger Potato Smiles Fruit/Fresh Fruit Unflavored Milk	Pizza Pull-Aparts Broccoli w/ Cheese Fruit/Fresh Fruit Unflavored Milk
<b>WEEK 2</b>	Bosco Sticks w/ Marinara Mixed Vegetables Fruit/Fresh Fruit Unflavored Milk	Beef Soft Taco Cooked Carrots Fruit/Fresh Fruit Unflavored Milk	Macaroni & Cheese Green Beans Fruit/Fresh Fruit Unflavored Milk	Chicken Patty Sandwich Baked Beans Fruit/Fresh Fruit Unflavored Milk	Pizza Slice Broccoli w/ Cheese Fruit/Fresh Fruit Unflavored Milk
<b>WEEK 3</b>	Popcorn Chicken Baked Beans Fruit/Fresh Fruit Unflavored Milk	Grilled Cheese Sandwich Cooked Carrots Fruit/Fresh Fruit Unflavored Milk	Chicken Tenders w/ Roll Green Beans Fruit/Fresh Fruit Unflavored Milk	Cheese Omelet w/ WG Waffles Seasoned Potatoes Fruit/Fresh Fruit Unflavored Milk	4x6 Pizza Broccoli w/ Cheese Fruit/Fresh Fruit Unflavored Milk

## TWO WEEK BREAKFAST MENU

<b>WEEK 1</b>	Blueberry Lemon Bar Fresh Fruit Unflavored Milk	UBR Bar Fresh Fruit Unflavored Milk	Donut Holes Fresh Fruit Unflavored Milk	WG Muffin Fresh Fruit Unflavored Milk	Cereal Fresh Fruit Unflavored Milk
<b>WEEK 2</b>	Yogurt Fresh Fruit Unflavored Milk	Sausage Pancake on a Stick Fresh Fruit Unflavored Milk	Mini Cinni Fresh Fruit Unflavored Milk	WG Muffin Fresh Fruit Unflavored Milk	WG Waffle Fresh Fruit Unflavored Milk



••• breakfast      — lunch

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