

RISE 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

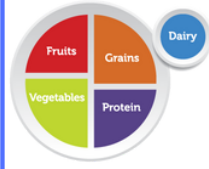
-Low fat/skim milk offered daily

-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 perryschools.org



MONDAY

Chicken Smackers w/ Dinner Roll
Pepperoni Pizza Munchable
PBJ Uncrustable
Mashed Potatoes
Fruit/Fresh Fruit
Milk

TUESDAY

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

WEDNESDAY

French Toast Sticks w/ Eggstravaganza
Taco Salad w/ Tortilla Chips
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

THURSDAY

Hamburger/ Cheeseburger
Hot n' Spicy Chicken Salad w/ Dinner Roll
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit
Milk

FRIDAY

Pizza Pull-Aparts
Soft Pretzel w/ Cheese
PBJ Uncrustable
Broccoli w/ Cheese
Fruit/Fresh Fruit/Juice
Milk

MONDAY

Bosco Sticks w/ Marinara
Pizza Munchable
PBJ Uncrustable
Corn
Fruit/Fresh Fruit
Milk

TUESDAY

Hot Ham & Cheese Sandwich
Yogurt Cheese Stick/ Muffin
PBJ Uncrustable
Baked Beans
Fruit/Fresh Fruit
Milk

WEDNESDAY

Spaghetti w/ Breadstick
Taco Salad w/ Tortilla Chips
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit
Milk

THURSDAY

Orange Chicken Rice Bowl w/ Dinner Roll
Hot n' Spicy Chicken Salad w/ Dinner Roll
PBJ Uncrustable
Broccoli
Fruit/Fresh Fruit
Milk

Pizza Slice
Soft Pretzel w/ Cheese
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit/Juice
Milk

MONDAY

Chicken Tenders w/ WG Dinner Roll
Pizza Munchable
PBJ Uncrustable
Baked Beans
Fruit/Fresh Fruit
Milk

TUESDAY

Grilled Cheese Sandwich
Yogurt/Cheese Stick/ Muffin
PBJ Uncrustable
Broccoli
Fruit/Fresh Fruit
Milk

WEDNESDAY

Mini Corn Dogs
Taco Salad w/ Tortilla Chips
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

THURSDAY

Cheese Omelet w/ Cinnamon Roll
Hot n' Spicy Chicken Salad w/ Dinner Roll
PBJ Uncrustable
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

4x6 Pizza
Soft Pretzel w/ Cheese
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit/Juice
Milk

TWO WEEK BREAKFAST MENU

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

WG Pop Tart
Fresh Fruit
Juice
Milk

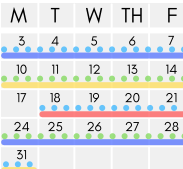
Sausage Pancake on a Stick
Fresh Fruit
Juice
Milk

Mini Cinni
Fresh Fruit
Juice
Milk

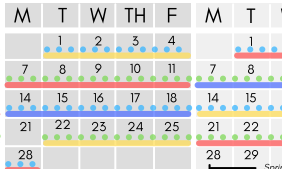
WG Breakfast Bar
Fresh Fruit
Juice
Milk

WG Waffle
Fresh Fruit
Juice
Milk

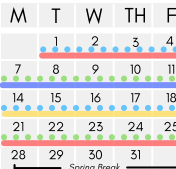
JAN 2022



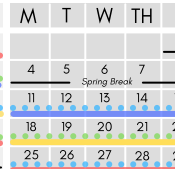
FEB 2022



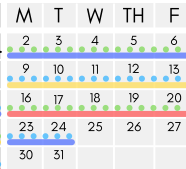
MAR 2022



APR 2022



MAY 2022



••• breakfast — lunch

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