

Compass Spring 2022 Menu

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

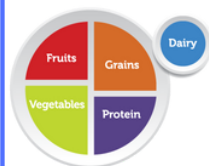
Students are offered weekly:

- 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*



MONDAY

Bosco Sticks
w/ Marinara
Sauce

Chicken
Drumstick w/
Mac n Cheese
& Biscuit

PBJ
Uncrustable

TUESDAY

Regular or
Spicy
Chicken Patty
Sandwich

Biscuits &
Gravy

PBJ
Uncrustable

WEDNESDAY

Popcorn
Chicken w/
WG Dinner
Roll

Nachos
Grande

PBJ
Uncrustable

THURSDAY

Regular or
Spicy
Chicken Wrap

Sweet & Sour
Chicken w/
Rice

PBJ
Uncrustable

FRIDAY

Cheeseburger
or Hamburger
on WG Bun

Pork
Tenderloin on
WG Bun

PBJ
Uncrustable

SIDES

Fresh Veggie Tray
w/ Dip
Green Beans
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
w/ Dip
Tater Tots
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
w/ Dip
Corn
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
w/ Dip
Broccoli
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
w/ Dip
Baked Beans
Fresh or Canned
Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

WG Muffin
Fresh Fruit
Juice
Milk

Blueberry Lemon Bar
Fresh Fruit
Juice
Milk

WG Pop Tart
(2ct)
Fresh Fruit
Juice
Milk

Sweet Roll
Fresh Fruit
Juice
Milk

Donut Holes
Fresh Fruit
Juice
Milk