

PMHS Spring 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

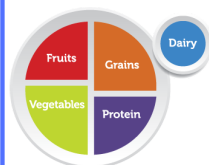
-Low fat/skim milk offered daily

-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



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

Turkey and Noodles

Hamburgers
Cheeseburgers on
WG Bun

MARKET FRESH

Popcorn Chicken
Salad
Yogurt Parfait
PBJ Uncrustable

WEDNESDAY

LA PIZZERIA

Calzone w/
Marinara Sauce

OTHER LINES

Boneless Chicken
Wings w/
Choice of Sauce

BBQ Pulled Pork
Sandwich

MARKET FRESH

Garden Salad w/
Rolls
Turkey, Ham &
Cheese Croissant
Sandwich
PBJ Uncrustable

THURSDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Nachos Grande

MARKET FRESH

Taco Salad w/
Tostitos
Yogurt/Cheese
Stick/Muffin
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
Seasoned Potatoes

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
w/ Dip
Broccoli w/ Cheese

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
w/ Dip
Refried Beans w/
Cheese

Corn

Fresh or Canned
Fruit

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