

PMMS Spring 2022 Construction Menu

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

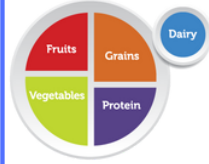
Students are offered weekly at lunch:
At least 2.5 c. fruit
At least 3.75 c. vegetables
8-12 oz. grain
8-10 oz. protein

-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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Bosco Sticks w/ Marinara 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 Ham & Turkey Wrap PBJ Uncrustable Fresh Veggie Tray w/ Dip Baked Beans Canned/Fresh Fruit Milk	Calzone w/ Marinara Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	Chili Cheese Dog 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 Ham & Turkey Wrap 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 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	14	15	16	17	18	14	15	16	17	18	11	12	13	14	15	16	17	18	19	20
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
31					28					28	29	30	31	25	26	27	28	29	30	31				

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This institution is an equal opportunity provider.