

Elementary Fall 2022 Menu

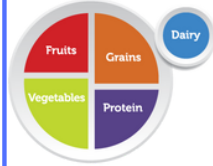
**Perry Township Schools follows the
USDA Nutrition Standards for
School Meals**

-Low fat/skim milk offered daily
-Lunches = 550-650 calories
-Must take fruit or vegetable at lunch

Students are offered a balance of **dark green, red/orange, starchy, beans/legumes and other vegetables** each week.

WG= Whole Grain

For menus, nutritional analysis, account payments, and balances, visit perryschools.org



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

MONDAY

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

TUESDAY

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

WEDNESDAY

Italian Pasta Bake with
Garlic Toast
Garden Salad with
WG Dinner Roll
PBJ Uncrustable
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

THURSDAY

Hamburger/
Cheeseburger on WG Bun
Taco Salad with
Tortilla Chips
PBJ Uncrustable
Potato Smiles
Fruit/Fresh Fruit
Milk

FRIDAY

Pizza Pull-Aparts
Hot 'n Spicy Chicken
Salad with
WG Dinner Roll
PBJ Uncrustable
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

WEEK 1

Chicken Patty on
WG Bun
Pepperoni Pizza
Munchable
PBJ Uncrustable
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

WEEK 2

Bosco Sticks with
Marinara Sauce
Yogurt with Cheese Stick
& Muffin
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit
Milk

WEEK 3

Hot Dog on WG Bun
Garden Salad with
WG Dinner Roll
PBJ Uncrustable
Baked Beans
Fruit/Fresh Fruit
Milk

WEEK 4

Cheese Omelet
with Cinnamon Roll
Taco Salad with
Tortilla Chips
PBJ Uncrustable
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

WEEK 5

Pizza Slice
Hot 'n Spicy Chicken
Salad with
WG Dinner Roll
PBJ Uncrustable
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

Chicken Tenders with
WG Dinner Roll
Pepperoni Pizza
Munchable
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit
Milk

Pillsbury Italian Cheesy
Pull-Apart with Marinara
Yogurt with Cheese Stick &
Muffin
PBJ Uncrustable
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

Orange Chicken Rice
Bowl with WG Dinner Roll
Garden Salad with
WG Dinner Roll
PBJ Uncrustable
Seasoned Edamame
Fruit/Fresh Fruit
Milk

French Toast Sticks with
Sausage Patties
Taco Salad with
Tortilla Chips
PBJ Uncrustable
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

Tony's Personal Pan Pizza
Hot 'n Spicy Chicken Salad
with
WG Dinner Roll
PBJ Uncrustable
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

TWO WEEK BREAKFAST MENU

Zee Zee's Soft
Baked Bar
Cereal
Fresh Fruit
Juice
Milk

Cinnamon Toast
Crunch Bread
Cereal
Fresh Fruit
Juice
Milk

Albie's Sausage, Egg &
Cheese Breakfast Pocket
w/ Salsa
Cereal
Fresh Fruit
Juice
Milk

Otis Spunkmeyer
WG Muffin
Cereal
Fresh Fruit
Juice
Milk

Pillsbury Mini Cinni
Cereal
Fresh Fruit
Juice
Milk

Eggo Mini Pancake
Cereal
Fresh Fruit
Juice
Milk

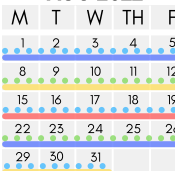
Sausage Pancake
on a Stick
Cereal
Fresh Fruit
Juice
Milk

Tony's Breakfast
Pizza Bagel
Cereal
Fresh Fruit
Juice
Milk

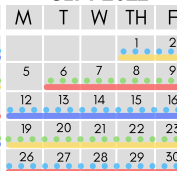
UBR or Nature Valley
Breakfast Round
Cereal
Fresh Fruit
Juice
Milk

WG Snack'n Waffle
Cereal
Fresh Fruit
Juice
Milk

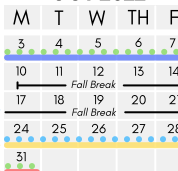
AUG 2022



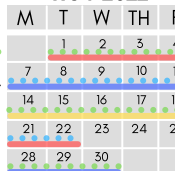
SEPT 2022



OCT 2022



NOV 2022



DEC 2022



July 27-29 will start on Week 1
Lunch & Breakfast

••• breakfast ● lunch

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