

JWR Fall 2022 Menu

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

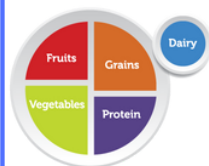
Students are offered weekly:

- 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 = 550-650 calories
- 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
with Marinara
Sauce

PBJ
Uncrustable

TUESDAY

Chicken Patty
Sandwich

PBJ
Uncrustable

WEDNESDAY

Popcorn
Chicken with
WG Dinner
Roll

PBJ
Uncrustable

THURSDAY

Regular
Chicken Wrap

PBJ
Uncrustable

FRIDAY

Cheeseburger
or Hamburger
on WG Bun

PBJ
Uncrustable

SIDES

Fresh Veggie
Tray with Dip
Green Beans
Fresh Fruit
Milk

Fresh Veggie
Tray with Dip
Tater Tots
Fresh Fruit
Milk

Fresh Veggie
Tray with Dip
Corn
Fresh Fruit
Milk

Fresh Veggie
Tray with Dip
Broccoli
Fresh Fruit
Milk

Fresh Veggie
Tray with Dip
Baked Beans
Fresh Fruit
Milk

BREAKFAST MENU

Otis Spunkmeyer
WG Muffin
Fresh Fruit
Juice
Milk

Zee Zee's Soft
Baked Bar
Fresh Fruit
Juice
Milk

WG Pop Tart (2ct)
Fresh Fruit
Juice
Milk

Sweet Roll
Fresh Fruit
Juice
Milk

UBR or Nature
Valley Breakfast
Round
Fresh Fruit
Juice
Milk