

Kindergarten Fall 2022 Menu

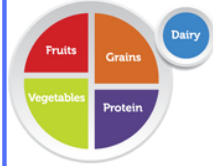
**Perry Township Schools follows the
USDA Nutrition Standards for
School Meals**

-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
PBJ Uncrustable with
Cheese Stick &
Grahams
Mashed Potatoes
Fruit/Fresh Fruit
Milk

TUESDAY

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

WEDNESDAY

Mac 'n Cheese with
WG Dinner Roll
PBJ Uncrustable with
Cheese Stick &
Grahams
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

THURSDAY

Hamburger/
Cheeseburger on WG Bun
PBJ Uncrustable with
Cheese Stick & Grahams
Green Beans
Fruit/Fresh Fruit
Milk

FRIDAY

Pizza Pull-Aparts
PBJ Uncrustable with
Cheese Stick &
Grahams
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

MONDAY

Chicken Patty on
WG Bun
PBJ Uncrustable with
Cheese Stick &
Grahams
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

TUESDAY

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

WEDNESDAY

Hot Dog on WG Bun
PBJ Uncrustable with
Cheese Stick &
Grahams
Baked Beans
Fruit/Fresh Fruit
Milk

THURSDAY

Cheese Omelet
with Cinnamon Roll
PBJ Uncrustable with
Cheese Stick &
Grahams
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

FRIDAY

Pizza Slice
PBJ Uncrustable with
Cheese Stick &
Grahams
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

MONDAY

Chicken Tenders with
WG Dinner Roll
PBJ Uncrustable with
Cheese Stick &
Grahams
Potato Smiles
Fruit/Fresh Fruit
Milk

TUESDAY

Mozzarella Sticks with
Marinara or Ranch
PBJ Uncrustable with
Cheese Stick & Grahams
Green Beans
Fruit/Fresh Fruit
Milk

WEDNESDAY

Yogurt with Cheese
Stick & Muffin
PBJ Uncrustable with
Cheese Stick &
Grahams
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

THURSDAY

Pillsbury Italian
Cheesy Pull-Apart
with Marinara
PBJ Uncrustable with
Cheese Stick & Grahams
Baked Beans
Fruit/Fresh Fruit
Milk

FRIDAY

Tony's Personal Pan Pizza
PBJ Uncrustable with
Cheese Stick & Grahams
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

TWO WEEK BREAKFAST MENU

WEEK 1

Zee Zee's Soft
Baked Bar
Fresh Fruit
Juice
Milk

WEEK 1

Cinnamon Toast
Crunch Bread
Fresh Fruit
Juice
Milk

WEEK 1

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

WEEK 1

Otis Spunkmeyer
WG Muffin
Fresh Fruit
Juice
Milk

WEEK 1

Pillsbury Mini Cinni
Fresh Fruit
Juice
Milk

WEEK 2

WG Pop Tart
Fresh Fruit
Juice
Milk

WEEK 2

Sausage Pancake
on a Stick
Fresh Fruit
Juice
Milk

WEEK 2

Tony's Breakfast
Pizza Bagel
Fresh Fruit
Juice
Milk

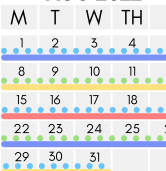
WEEK 2

UBR or Nature Valley
Breakfast Round
Fresh Fruit
Juice
Milk

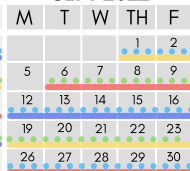
WEEK 2

WG Snack'n Waffle
Fresh Fruit
Juice
Milk

AUG 2022



SEPT 2022



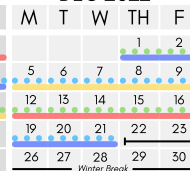
OCT 2022



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.