

PMHS Fall 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

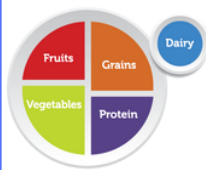
-Lunches = 550-650 calories

-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



MONDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Spicy Chicken
Tender Wraps

Boneless Chicken
Wings with
Choice of Sauce

MARKET FRESH

Garden Salad with
WG Dinner Rolls

PBJ Uncrustable

TUESDAY

LA PIZZERIA

Calzone with
Marinara Sauce

OTHER LINES

Nachos Grande
with Tortilla Chips

Spud-Olé Baked
Potato Bar

MARKET FRESH

Taco Salad with
Tortilla Chips

Yogurt Parfait

PBJ Uncrustable

WEDNESDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Popcorn Chicken
with Dinner Roll

Pretzel with
Cheese Sauce

MARKET FRESH

Hot 'n Spicy Chicken
Salad with WG Dinner Roll

Turkey, Ham & Cheese
Croissant Sandwich

PBJ Uncrustable

THURSDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Hamburgers
Cheeseburgers on
WG Bun

Turkey and Noodles
with WG Dinner Roll

MARKET FRESH

Popcorn Chicken
Salad

Yogurt Parfait

PBJ Uncrustable

FRIDAY

LA PIZZERIA

Calzone with
Marinara Sauce

OTHER LINES

Chili Cheese Dog

Pasta with
Choice of Alfredo,
Marinara or Meat
Sauce with
WG Dinner Roll

MARKET FRESH

Yogurt with
Cheese Stick &
Muffin

PBJ Uncrustable

SIDES

Fresh Veggie Tray
with Dip
Steamed Broccoli

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
with Dip
Corn and Black Beans
Refried Beans

Fresh or Canned Fruit

Milk

Fresh Veggie Tray
with Dip
Mashed Potatoes
with Gravy
Green Beans

Fresh or Canned Fruit
Milk

Fresh Veggie Tray
with Dip
Seasoned Potatoes

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
with Dip
Baked Beans
Side Salad
Fresh or Canned
Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

Pillsbury Mini Cinni,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Albie's Sausage Egg
& Cheese Breakfast
Pocket with Salsa,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

WG Snack'n Waffle,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Tony's Breakfast
Pizza Bagel,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Zee Zee's
Soft Baked Bar,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk