

PMMS Fall 2022 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

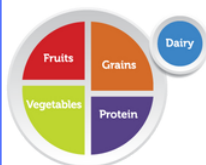
8-10 oz. protein

*-Low fat/skim milk offered daily
-Lunches = 550-650 calories
-Must take fruit or vegetable 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL LINES	ALL LINES	ALL LINES	ALL LINES	ALL LINES
Chili Cheese Dog on WG Bun	Nachos Grande with Tortilla Chips	Hamburger or Cheeseburger on WG Bun	Popcorn Chicken Bowl with WG Dinner Roll	Cheese or Pepperoni Pizza Slice
Spicy Chicken Wrap	Mozzarella Cheese Sticks with Marinara or Ranch	Regular or Hot n Spicy Chicken Patty on WG Bun	Chicken Bacon Ranch on WG Flatbread	Soft Pretzel with Cheese
MARKET FRESH	MARKET FRESH	MARKET FRESH	MARKET FRESH	MARKET FRESH
Hot 'n Spicy Chicken Salad with WG Dinner Roll	Taco Salad with Tortilla Chips	Garden Salad with WG Bun	Garden Salad with Breadsticks	Chef Salad with WG Dinner Rolls
PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable

SIDES				
Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Green Beans Refried Beans with Cheese	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Mashed Potatoes with Gravy	Fresh Veggie Tray with Dip Corn Cooked Carrots
Fresh or Canned Fruit Milk	Fresh or Canned Fruit Milk	Fresh or Canned Fruit Milk	Fresh or Canned Fruit Milk	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	Sausage Pancake on a Stick, Cereal or Pop Tart Fresh Fruit Juice Milk