

PTEC Preschool Fall 2022 Menu

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

Students are offered weekly at lunch:

At least 1.25 c. fruit

At least 1.25 c. vegetables

At least 2.5 oz. grain

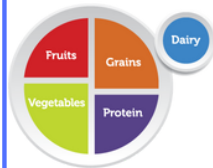
At least 7.5 oz. protein

-Unflavored skim/low-fat milk daily
-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

WEEK 1

Chicken Smackers
Baked Beans
Fruit/Fresh Fruit
Unflavored Milk

Beef Soft Taco
Cooked Carrots
Fruit/Fresh Fruit
Unflavored Milk

Mac 'n Cheese
Green Beans
Fruit/Fresh Fruit
Unflavored Milk

Hamburger/
Cheeseburger
on WG Bun
Potato Smiles
Fruit/Fresh Fruit
Unflavored Milk

Pizza Pull-Aparts
Broccoli with
Cheese
Fruit/Fresh Fruit
Unflavored Milk

WEEK 2

Chicken Patty on
WG Bun
Baked Beans
Fruit/Fresh Fruit
Unflavored Milk

Bosco Sticks with
Marinara Sauce
Green Beans
Fruit/Fresh Fruit
Unflavored Milk

Sausage & Egg
with Biscuit
Cooked Carrots
Fruit/Fresh Fruit
Unflavored Milk

Cheese Omelet
with WG Waffles
Seasoned Potatoes
Fruit/Fresh Fruit
Unflavored Milk

Pizza Slice
Broccoli with
Cheese
Fruit/Fresh Fruit
Unflavored Milk

WEEK 3

Chicken Tenders
Potato Smiles
Fruit/Fresh Fruit
Unflavored Milk

Pillsbury Italian
Cheesy Pull-Apart
with Marinara
Green Beans
Fruit/Fresh Fruit
Unflavored Milk

Yogurt with
Cheese Stick &
Muffin
Cooked Carrots
Fruit/Fresh Fruit
Unflavored Milk

Popcorn Chicken
Baked Beans
Fruit/Fresh Fruit
Unflavored Milk

4x6 Pizza
Broccoli with
Cheese
Fruit/Fresh Fruit
Unflavored Milk

TWO WEEK BREAKFAST MENU

WEEK 1

Zee Zee's Soft
Baked Bar
Fresh Fruit
Unflavored Milk

UBR or
Nature Valley
Breakfast Round
Fresh Fruit
Unflavored Milk

Tony's Breakfast
Pizza Bagel
Fresh Fruit
Unflavored Milk

Otis Spunkmeyer
WG Muffin
Fresh Fruit
Unflavored Milk

Pillsbury Mini Cinni
Fresh Fruit
Unflavored Milk

WEEK 2

Danimals
Flavored Yogurt
Fresh Fruit
Unflavored Milk

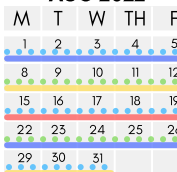
Sausage Pancake
on a Stick
Fresh Fruit
Unflavored Milk

Assorted Cereal
Fresh Fruit
Unflavored Milk

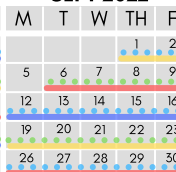
Otis Spunkmeyer
WG Muffin
Fresh Fruit
Unflavored Milk

WG Snack'n Waffle
Fresh Fruit
Unflavored Milk

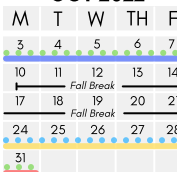
AUG 2022



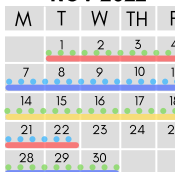
SEPT 2022



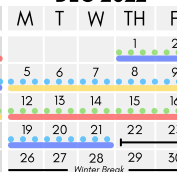
OCT 2022



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.