

SHS 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

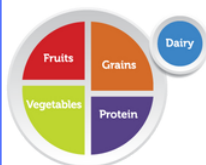
8-10 oz. protein

*-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

Smart Mouth Pizza

Bosco Sticks with
Marinara Sauce

STAR FAVORITES & SIGNATURE SELECTIONS

Chicken Drumstick
with Mac n Cheese
and Biscuit

COMMON CREATIONS

Spaghetti with Meat
Sauce and Roll

MARKET FRESH

Garden Salad with
WG Dinner Rolls

Yogurt with Cheese
Stick & Muffin

Deli Club Wrap

PBJ Uncrustable

TUESDAY

LA PIZZERIA

Smart Mouth Pizza

Soft Pretzel with
Cheese

STAR FAVORITES & SIGNATURE SELECTIONS

Regular or Spicy
Chicken Sandwich

COMMON CREATIONS

Chicken Bacon
Ranch on
WG Flatbread

MARKET FRESH

Pasta Salad

Yogurt Parfait

Turkey & Ham Sub

PBJ Uncrustable

WEDNESDAY

LA PIZZERIA

Smart Mouth Pizza

Bosco Sticks with
Marinara Sauce

STAR FAVORITES & SIGNATURE SELECTIONS

Popcorn Chicken
with WG Dinner Roll

COMMON CREATIONS

Nachos Grande with
Tortilla Chips

MARKET FRESH

Popcorn Chicken
Salad with
WG Dinner Roll

Yogurt with Cheese
Stick & Muffin

Hot Ham & Cheese

PBJ Uncrustable

THURSDAY

LA PIZZERIA

Smart Mouth Pizza

Pizza Sub
Sandwich

STAR FAVORITES & SIGNATURE SELECTIONS

Spicy or Regular
Chicken Tenders
Wrap

COMMON CREATIONS

Sweet & Sour
Chicken with Rice

MARKET FRESH

Firecracker Salad
with WG Dinner Roll

Yogurt Parfait

Hot Italian Sub

PBJ Uncrustable

FRIDAY

LA PIZZERIA

Smart Mouth Pizza

Bosco Sticks with
Marinara Sauce

STAR FAVORITES & SIGNATURE SELECTIONS

Hamburger or
Cheeseburger on
WG Bun

COMMON CREATIONS

Mozzarella Sticks
with Marinara or
Ranch

MARKET FRESH

Chef Salad with
WG Dinner Roll

Yogurt with Cheese
Stick & Muffin

PBJ Uncrustable

SIDES

Green Beans
Carrots with Dip
Fresh or Canned Fruit
Milk

Tater Tots
Carrots with Dip
Fresh or Canned Fruit
Milk

Refried Beans
Corn
Mashed Potatoes
Carrots with Dip
Fresh or Canned Fruit
Milk

Broccoli
Carrots with Dip
Fresh or Canned Fruit
Milk

French Fries
Carrots with Dip
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
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