

JWR 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

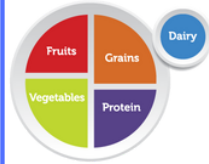
-Lunches = 550-650 calories

-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
WEEK 1	Bosco Sticks w/ Marinara PBJ Uncrustable Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Nachos Grande PBJ Uncrustable Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Hamburger/ Cheeseburger on WG Bun PBJ Uncrustable Fresh Veggie Tray w/ Dip Baked Beans Canned/Fresh Fruit Milk	Calzone w/ Marinara PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	Chili Cheese Dog PBJ Uncrustable Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk
WEEK 2	Spicy Chicken Wrap PBJ Uncrustable Fresh Veggie Tray w/ Dip Steamed Broccoli Canned/Fresh Fruit Milk	Walking Taco PBJ Uncrustable Fresh Veggie Tray w/ Dip Refried Beans Canned/Fresh Fruit Milk	Soft Pretzel w/ Cheese PBJ Uncrustable Fresh Veggie Tray w/ Dip Green Beans Canned/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza PBJ Uncrustable Fresh Veggie Tray w/ Dip Canned/Fresh Fruit Milk	4x6 Pepperoni Pizza PBJ Uncrustable Fresh Veggie Tray w/ Dip Corn Canned/Fresh Fruit Milk

BREAKFAST MENU

Blueberry Lemon Bar Fresh Fruit Juice Milk	Donut Holes Fresh Fruit Juice Milk	Otis Spunkmeyer WG Muffin 'Fresh Fruit Juice Milk	UBR Bar Fresh Fruit Juice Milk	WG Breakfast Bar Fresh Fruit Juice Milk
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AUG 2022					SEPT 2022					OCT 2022					NOV 2022					DEC 2022				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
1	2	3	4	5				1	2	3	4	5	6	7	7	8	9	10	11				1	2
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	14	15	16	17	18	5	6	7	8	9
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	21	22	23	24	25	12	13	14	15	16
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	28	29	30			19	20	21	22	23
29	30	31			26	27	28	29	30	31										26	27	28	29	30

July 27-29 will start on **Week 1**

— Week 1 — Week 2

This institution is an equal opportunity provider.
Menus subject to change.