

# Kindergarten Fall 2022 Menu

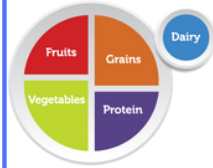
**Perry Township Schools follows the  
USDA Nutrition Standards for  
School Meals**

-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](http://perryschools.org)**



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

## MONDAY

Chicken Smackers with  
WG Dinner Roll  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Mashed Potatoes  
Fruit/Fresh Fruit  
Milk

## TUESDAY

Beef Nachos with  
Tortilla Chips  
PBJ Uncrustable with  
Cheese Stick & Grahams  
Corn or Refried Beans  
with Cheese  
Fruit/Fresh Fruit  
Milk

## WEDNESDAY

Mac 'n Cheese with  
WG Dinner Roll  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Baby Carrots with Dip  
Fruit/Fresh Fruit  
Milk

## THURSDAY

Hamburger/  
Cheeseburger on WG Bun  
PBJ Uncrustable with  
Cheese Stick & Grahams  
Green Beans  
Fruit/Fresh Fruit  
Milk

## FRIDAY

Pizza Pull-Aparts  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Steamed Broccoli  
Fruit/Fresh Fruit/Juice  
Milk

## WEEK 1

Chicken Patty on  
WG Bun  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Baby Carrots with Dip  
Fruit/Fresh Fruit  
Milk

## WEEK 2

Bosco Sticks with  
Marinara Sauce  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Green Beans  
Fruit/Fresh Fruit  
Milk

Hot Dog on WG Bun  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Baked Beans  
Fruit/Fresh Fruit  
Milk

Cheese Omelet  
with Cinnamon Roll  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Seasoned Potatoes  
Fruit/Fresh Fruit  
Milk

Pizza Slice  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Steamed Broccoli  
Fruit/Fresh Fruit/Juice  
Milk

Chicken Tenders with  
WG Dinner Roll  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Potato Smiles  
Fruit/Fresh Fruit  
Milk

Mini Corn Dogs  
PBJ Uncrustable with  
Cheese Stick & Grahams  
Green Beans  
Fruit/Fresh Fruit  
Milk

Yogurt with Cheese  
Stick & Muffin  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Baby Carrots with Dip  
Fruit/Fresh Fruit  
Milk

Pillsbury Italian  
Cheesy Pull-Apart  
with Marinara  
PBJ Uncrustable with  
Cheese Stick & Grahams  
Baked Beans  
Fruit/Fresh Fruit  
Milk

Tony's Personal Pan Pizza  
PBJ Uncrustable with  
Cheese Stick & Grahams  
Steamed Broccoli  
Fruit/Fresh Fruit/Juice  
Milk

## TWO WEEK BREAKFAST MENU

Zee Zee's Soft  
Baked Bar  
Fresh Fruit  
Juice  
Milk

Cinnamon Toast  
Crunch Bread  
Fresh Fruit  
Juice  
Milk

Albie's Sausage, Egg &  
Cheese Breakfast  
Pocket w/ Salsa  
Fresh Fruit  
Juice  
Milk

Otis Spunkmeyer  
WG Muffin  
Fresh Fruit  
Juice  
Milk

Pillsbury Mini Cinni  
Fresh Fruit  
Juice  
Milk

WG Pop Tart  
Fresh Fruit  
Juice  
Milk

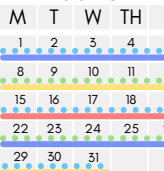
Sausage Pancake  
on a Stick  
Fresh Fruit  
Juice  
Milk

Tony's Breakfast  
Pizza Bagel  
Fresh Fruit  
Juice  
Milk

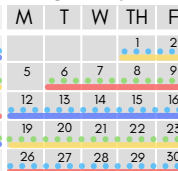
UBR or Nature Valley  
Breakfast Round  
Fresh Fruit  
Juice  
Milk

WG Snack'n Waffle  
Fresh Fruit  
Juice  
Milk

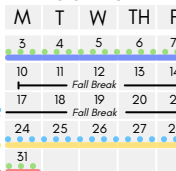
## AUG 2022



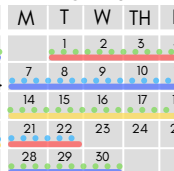
## SEPT 2022



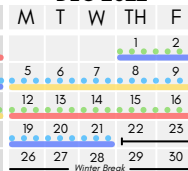
## OCT 2022



## 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.