

# PMHS 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

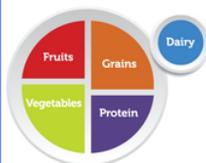
-Lunches = 550-650 calories

-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](http://perryschools.org)



## MONDAY

### LA PIZZERIA

Cheese or  
Pepperoni Pizza  
Slice

### OTHER LINES

Spicy Chicken  
Tender Wraps

Boneless Chicken  
Wings with  
Choice of Sauce

### MARKET FRESH

Garden Salad with  
WG Dinner Rolls

PBJ Uncrustable

## TUESDAY

### LA PIZZERIA

Calzone with  
Marinara Sauce

### OTHER LINES

Nachos Grande  
with Tortilla Chips

Spud-Olé Baked  
Potato Bar

### MARKET FRESH

Taco Salad with  
Tortilla Chips

Yogurt Parfait

PBJ Uncrustable

## WEDNESDAY

### LA PIZZERIA

Cheese or  
Pepperoni Pizza  
Slice

### OTHER LINES

Popcorn Chicken  
with Dinner Roll

Pretzel with  
Cheese Sauce

### MARKET FRESH

Hot 'n Spicy Chicken  
Salad with WG Dinner Roll

Turkey, Ham & Cheese  
Croissant Sandwich

PBJ Uncrustable

## THURSDAY

### LA PIZZERIA

Calzone with  
Marinara Sauce

### OTHER LINES

Chili Cheese Dog

Pasta with  
Choice of Alfredo,  
Marinara or Meat  
Sauce with  
WG Dinner Roll

### MARKET FRESH

Yogurt with  
Cheese Stick &  
Muffin

PBJ Uncrustable

## FRIDAY

### LA PIZZERIA

Cheese or  
Pepperoni Pizza  
Slice

### OTHER LINES

Hamburgers  
Cheeseburgers on  
WG Bun

Turkey and Noodles  
with WG Dinner Roll

### MARKET FRESH

Popcorn Chicken  
Salad

Yogurt Parfait

PBJ Uncrustable

## SIDES

Fresh Veggie Tray  
with Dip  
Steamed Broccoli

Fresh or Canned  
Fruit

Milk

Fresh Veggie Tray  
with Dip  
Corn and Black Beans  
Refried Beans

Fresh or Canned Fruit

Milk

Fresh Veggie Tray  
with Dip  
Mashed Potatoes  
with Gravy  
Green Beans

Fresh or Canned Fruit  
Milk

Fresh Veggie Tray  
with Dip  
Baked Beans  
Side Salad  
Fresh or Canned  
Fruit  
Milk

Fresh Veggie Tray  
with Dip  
Seasoned Potatoes

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

Zee Zee's  
Soft Baked Bar,  
Cereal or  
Pop Tart  
Fresh Fruit  
Juice  
Milk

Tony's Breakfast  
Pizza Bagel,  
Cereal or  
Pop Tart  
Fresh Fruit  
Juice  
Milk