

Compass Fall 2022 Quarter 2 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

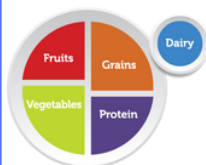
8-10 oz. protein

-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

Bosco Sticks
with Marinara
Sauce

Yogurt with
Cheese Stick
and Muffin

PBJ
Uncrustable

TUESDAY

Regular or
Spicy
Chicken Patty
Sandwich

Chicken
Bacon
Flatbread

PBJ
Uncrustable

WEDNESDAY

Popcorn
Chicken with
WG Dinner
Roll

Yogurt Parfait

PBJ
Uncrustable

THURSDAY

Regular or
Spicy
Chicken Wrap

Popcorn
Chicken Salad
with WG
Dinner Roll

PBJ
Uncrustable

FRIDAY

Cheeseburger
or Hamburger
on WG Bun

Cowboy
Quesadilla

PBJ
Uncrustable

SIDES

Carrots with Dip
Seasoned
Potatoes
Fresh or Canned
Fruit
Milk

Carrots with Dip
Green Beans
Fresh or Canned
Fruit
Milk

Carrots with Dip
Corn
Fresh or Canned
Fruit
Milk

Carrots with Dip
Broccoli
Fresh or Canned
Fruit
Milk

Carrots with Dip
Baked Beans
Fresh or Canned
Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

Pillsbury Mini Cinni
Fresh Fruit
Juice
Milk

Albie's Breakfast
Pocket
Fresh Fruit
Juice
Milk

WG Snack'n Waffle
Fresh Fruit
Juice
Milk

Tony's Breakfast
Pizza Bagel
Fresh Fruit
Juice
Milk

Sausage Pancake
on a Stick
Fresh Fruit
Juice
Milk