

# Kindergarten Fall 2022 Quarter 2 Menu

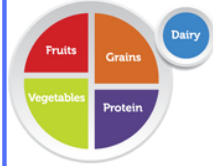
**Perry Township Schools follows the  
USDA Nutrition Standards for  
School Meals**

-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

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  
Baked Beans  
Fruit/Fresh Fruit  
Milk

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

Calzone  
PBJ Uncrustable with  
Cheese Stick &  
Grahams  
Green 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

Cereal Bar  
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

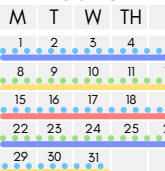
Sausage Pancake  
on a Stick  
Fresh Fruit  
Juice  
Milk

Dunkin' Sticks  
Fresh Fruit  
Juice  
Milk

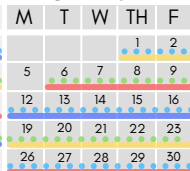
UBR or Nature Valley  
Breakfast Round  
Fresh Fruit  
Juice  
Milk

WG Snack'n Waffle  
Fresh Fruit  
Juice  
Milk

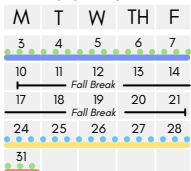
## AUG 2022



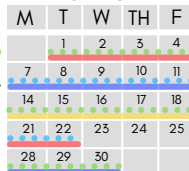
## SEPT 2022



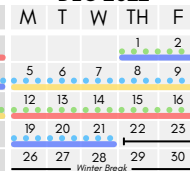
## OCT 2022



## 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.