

## **RISE Fall 2022 Quarter 2 Menu**

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

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 <u>or</u> vegetable

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     FRDAY       Chicken Smackers with WG Dimer Riza Munchable Bald Locardable Fruit/Freah Fruit Mik     Def Nockew with Yeg Juneurable Concel Carrets Fruit/Freah Fruit Mik     Def Nockew with Yeg Juneurable Concel Carrets Fruit/Freah Fruit Mik     Def Nockew with Yeg Juneurable Concel Carrets Fruit/Freah Fruit Mik     Humburget/ Weg Dimer Roit PBU Locardable Fruit/Freah Fruit Mik     Humburget/ Weg Dimer Roit PBU Locardable Second Brothers Fruit/Freah Fruit Mik     Preced Partice Fruit/Freah Fruit Mik<						
WG Driver Roll Pepperoni Przca Machadio Itrza Tortille Chps Stada with Bill Uncrustable ConcessBuild with Bill Uncrustable ConcessBuild with Bill Uncrustable ConcessBuild with Milk Cheeseburger on WG Bun Stada with Drawes Stada with Milk Cheeseburger on WG Bun Stada with Drawes Stada with Milk Cheeseburger on WG Bun Stada with Drawes Stada With Milk Cheeseburger on WG Bun Milk Cheese Drawes State Milk Milk Pit Uncrustable Drawes State Milk Pit Uncrustable Milk Pit Uncrustable Drawes State Milk Pit Uncrustable Drawes State Milk Pit Uncrustable Drawes State Milk Pit Uncrustable Drawes State Milk Pitzo Milk Milk   Checker Milk Milk Pitzo Mi	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WG Bun Pepperoni Pizza Munchoble PBU Uncrustable Goeke Carords Fruit/Freah Fruit Mik Marinara Souce Yagurt with Cheese Stick & Muffin PBU Uncrustable Green Beans Fruit/Freah Fruit Mik with Chanamon Roll Taco Saida with WG Dinner Roll PBU Uncrustable Second Potatoles Fruit/Freah Fruit Mik Hot 'n Spicy Chicken Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Mik Hot 'n Spicy Chicken Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Mik Hot 'n Spicy Chicken Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Mik Hot 'n Spicy Chicken Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Mik Personal Pan Pizza With Chanamon Roll Taco Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Mik Personal Pan Pizza With Sausage Pattes Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Mik Personal Pan Pizza With Sausage Pattes Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Mik Personal Pan Pizza With Sausage Pattes Saida with WG Dinner Roll PBU Uncrustable Steamed Broccoli Fruit/Freah Fruit Juice Mik Personal Pan Pizza With Sausage Figg & Cheese Brockfost Pocket with Salsa Cereal Freah Fruit Juice Mik Personal Pan Pizza Mik Mik Personal Pan Pizza With Sausage, Egg & Cheese Brockfost Pocket with Salsa Cereal Freah Fruit Juice Mik Personal Pan Pizza Mik Personal Pan Pizza Mik   VO Pop Tort Cereal Freah Fruit Juice Mik Cereal Freah Fruit Juice Mik Torty Breakfast Mik Ott Spankmeyer WG Muffith Cereal Freah Fruit Juice Mik Mik WG Snack'n Woffith Cereal Freah Fruit Juice Mik VW S Snack'n Woffith Cereal Freah Fruit Juice Mik <td< td=""><td>WG Dinner Roll Pepperoni Pizza Munchable PBJ Uncrustable Mashed Potatoes Fruit/Fresh Fruit</td><td>Tortilla Chips Yogurt with Cheese Stick &amp; Muffin PBJ Uncrustable Corn or Refried Beans with Cheese Fruit/Fresh Fruit</td><td>WG Dinner Roll Garden Salad with WG Dinner Roll PBJ Uncrustable Cooked Carrots Fruit/Fresh Fruit</td><td>Cheeseburger on WG Bun Taco Salad with Tortilla Chips PBJ Uncrustable Potato Smiles Fruit/Fresh Fruit</td><td>Hot'n Spicy Chicken Salad with WG Dinner Roll PBJ Uncrustable Steamed Broccoli Fruit/Fresh Fruit/Juice</td></td<>	WG Dinner Roll Pepperoni Pizza Munchable PBJ Uncrustable Mashed Potatoes Fruit/Fresh Fruit	Tortilla Chips Yogurt with Cheese Stick & Muffin PBJ Uncrustable Corn or Refried Beans with Cheese Fruit/Fresh Fruit	WG Dinner Roll Garden Salad with WG Dinner Roll PBJ Uncrustable Cooked Carrots Fruit/Fresh Fruit	Cheeseburger on WG Bun Taco Salad with Tortilla Chips PBJ Uncrustable Potato Smiles Fruit/Fresh Fruit	Hot'n Spicy Chicken Salad with WG Dinner Roll PBJ Uncrustable Steamed Broccoli Fruit/Fresh Fruit/Juice	
WG Dinner Roll Pepperoni Pizza Munchable Buk eff Network   Pull-Apert with Marinar Yogut with Cheese Strek Baked Beans Fruit/Fresh Fruit Milk   Dow with WG Dinner Roll WG Dinner Roll PBU Uncrustable Scoked Carrels Fruit/Fresh Fruit Milk   WG Dinner Roll WG Dinner Roll PBU Uncrustable Scoked Carrels Fruit/Fresh Fruit Milk   WG Dinner Roll PBU Uncrustable Scoked Carrels Fruit/Fresh Fruit Juice   Pull-Apert with Marinar WG Dinner Roll PBU Uncrustable Scoked Carrels Fruit/Fresh Fruit Juice   Pull-Spert With WG Dinner Roll PBU Uncrustable Scoked Carrels Fruit/Fresh Fruit Juice   Pull-Spert With WG Dinner Roll PBU Uncrustable Scoked Carrels Fresh Fruit Juice   Pull-Spert With WG Dinner Roll PBU Uncrustable Scoked Scoked Carrels Fresh Fruit Juice   Pull-Spert With WG Wolfn Carrel   Pull-Spert With WG Wolfn Carrel   Pull-Spert With WG Wolfn Carrel   Pull-Spert With WG Wolfn Carrel   Pull-Spert Wolfn Carrel   Pull-Spert Wolfn Carrel   Pull-Spert Wolfn Carrel   Pull-Spert Wolfn Carrel   Pull-Spert Wolfn Carrel   WG Scokeh Wolfle Carrel     WG Pop Tart Carrel Fresh Fruit Juice Milk   Donut Holes Carrel Fresh Fruit Juice Milk   Donut Holes Milk   Tony's Breakfast Milk   UBR or Nature Valley Breakfast Round Carrel Fresh Fruit Juice Milk   WG Scokeh Wolfle Carrel Fresh Fruit Juice Milk   WG Scokeh Wolfle Carrel Fresh Fruit Juice Milk   Pull 2 5 4 5 5 7 8 9 2 0 0 1 1 5 5 4 7 8 9 2 0 0 1 1 5 5 4 7 8 9	WG Bun Pepperoni Pizza Munchable PBJ Uncrustable Cooked Carrots Fruit/Fresh Fruit	Marinara Sauce Yogurt with Cheese Stick & Muffin PBJ Uncrustable Green Beans Fruit/Fresh Fruit	Garden Salad with WG Dinner Roll PBJ Uncrustable Baked Beans Fruit/Fresh Fruit	with Cinnamon Roll Taco Salad with Tortilla Chips PBJ Uncrustable Seasoned Potatoes Fruit/Fresh Fruit	Hot 'n Spicy Chicken Salad with WG Dinner Roll PBJ Uncrustable Steamed Broccoli Fruit/Fresh Fruit/Juice	
Zee Zee's Soft Baked Bar Cereal Fresh Fruit Juice MilkCinnamon Toast Careal Fresh Fruit Juice MilkAlbie's Sausage, Egg & Cheese Breakfast Pocket with Salsa Fresh Fruit Juice MilkOtis Spunkmeyer WG Muffin Cereal Fresh Fruit Juice MilkPillsbury Mini Cinni Cereal Fresh Fruit Juice MilkWG Pop Tart Cereal Fresh Fruit Juice MilkDonut Holes Cereal Fresh Fruit Juice MilkTony's Breakfast Pizza Bagel Cereal Fresh Fruit Juice MilkUBR or Nature Valley Breakfast Round Cereal Fresh Fruit Juice MilkWG Snack'n Waffle Cereal Fresh Fruit Juice MilkMG 2022SEPT 2022OCT 2022 M T W TH F M T	WG Dinner Roll Pepperoni Pizza Munchable PBJ Uncrustable Baked Beans Fruit/Fresh Fruit	Pull-Apart with Marinara Yogurt with Cheese Stick & Muffin PBJ Uncrustable Cooked Carrots Fruit/Fresh Fruit	Bowl with WG Dinner Roll Garden Salad with WG Dinner Roll PBJ Uncrustable Steamed Broccoli Fruit/Fresh Fruit	with Sausage Patties Taco Salad with Tortilla Chips PBJ Uncrustable Seasoned Potatoes Fruit/Fresh Fruit	Hot 'n Spicy Chicken Salad with WG Dinner Roll PBJ Uncrustable Green Beans Fruit/Fresh Fruit/Juice	
Baked Bar   Crunch Bread   Cheese Breakfast   WG Muffin   Cereal   Fresh Fruit     Fresh Fruit   Juice   Juice   Milk   Fresh Fruit   Juice   Milk   Milk   Gereal   Fresh Fruit   Juice   Milk   Milk   WG Pop Tart   Gereal   Fresh Fruit   Juice   Milk   WG Pop Tart   Cereal   Fresh Fruit   Juice   Milk   WG Snack'n Waffle   Cereal   Fresh Fruit   Juice   Milk   WG Snack'n Waffle   Cereal   Fresh Fruit   Juice   Milk   WG Snack'n Waffle   Cereal   Cereal   Fresh Fruit   Juice   Milk   WG Snack'n Waffle   Cereal   Fresh Fruit   Juice   Milk   Milk   WG Snack'n Waffle   Cereal   Fresh Fruit   Juice   Milk   Milk   Milk   WG Snack'n Waffle   Cereal   Fresh Fruit   Juice   Milk   Milk   Milk   Milk   Kilk   Kilk   Kilk   Kilk <th colspan="6">TWO WEEK BREAKFAST MENU</th>	TWO WEEK BREAKFAST MENU					
WG Pop lart Cereal   Donut Holes   Pizza Bagel   Breakfast Round   WG Snackn Wattle     Fresh Fruit Juice   Fresh Fruit Juice   Fresh Fruit Juice   Breakfast Round   Cereal   Fresh Fruit Juice   Fresh Fruit Juice   Fresh Fruit Juice   Breakfast Round   Cereal   Fresh Fruit Juice     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   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   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   M   T   W   TH   F   M   T   W   TH   F   M   T   W	Baked Bar Cereal Fresh Fruit Juice	Crunch Bread Cereal Fresh Fruit Juice	Cheese Breakfast Pocket with Salsa Fresh Fruit Juice	WG Muffin Cereal Fresh Fruit Juice	Cereal Fresh Fruit Juice	
M   T   W   T   W   TH   F   M   T   W   TH   F   M </td <td>Cereal Fresh Fruit Juice</td> <td>Cereal Fresh Fruit Juice</td> <td>Pizza Bagel Cereal Fresh Fruit Juice</td> <td>Breakfast Round Cereal Fresh Fruit Juice</td> <td>Cereal Fresh Fruit Juice</td>	Cereal Fresh Fruit Juice	Cereal Fresh Fruit Juice	Pizza Bagel Cereal Fresh Fruit Juice	Breakfast Round Cereal Fresh Fruit Juice	Cereal Fresh Fruit Juice	
Lunch & Breakfast Menus subject to change.	M     T     W     TH     F       1     2     3     4     5       8     9     10     11     12       15     16     17     18     19       22     23     24     25     26       29     30     31     July 27-29 will	M     T     W     TH     F       5     6     7     8     9       12     15     14     15     16       19     20     21     22     23       26     27     28     29     50	M     T     W     TH     F       3     4     5     6     7       10     11     12     13     14       17     18     19     20     21       24     25     26     27     28	M     T     W     TH     F     I       1     2     5     4       7     8     9     10     11       14     15     16     17     18       21     22     23     24     25       28     29     30	M     T     W     TH     F       5     6     7     8     9       12     15     14     15     16       19     20     21     22     23       26     27     28     29     30       popportunity provider.     24     30     30	