

# S6th Grade Academy Fall 2022 Quarter 2 Menu

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

Students are offered weekly at lunch:

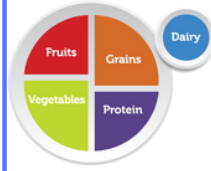
- At least 2.5 c. fruit
- At least 3.75 c. vegetables
- 8-12 oz. grain
- 8-10 oz. protein

- Low fat/skim milk offered daily
- Lunches = 550-650 calories
- Must take fruit 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LA PIZZERIA</b> Bosco Sticks with Marinara Sauce	<b>LA PIZZERIA</b> Cheese or Pepperoni Pizza Slice	<b>LA PIZZERIA</b> Pasta Bar with Meat Sauce, Marinara, or Alfredo and Garlic Toast	<b>LA PIZZERIA</b> Cheese or Pepperoni Pizza Pull-Aparts	<b>LA PIZZERIA</b> Cheese or Pepperoni 5" Pizza Round
<b>STAR FAVORITES</b> Regular or Hot 'n Spicy Chicken Sandwich on WG Bun	<b>STAR FAVORITES</b> Hamburger/ Cheeseburger on WG BUN	<b>STAR FAVORITES</b> Buffalo Chicken Melt on WG Flatbread	<b>STAR FAVORITES</b> French Toast Sticks with Eggstravaganza	<b>STAR FAVORITES</b> Chicken Drumstick with Biscuit
<b>COMMON CREATIONS</b> Nachos Grande with Tortilla Chips	<b>COMMON CREATIONS</b> Asian-Inspired Beef Noodle Bowl	<b>COMMON CREATIONS</b> Chicken Smackers with WG Dinner Roll	<b>COMMON CREATIONS</b> Chili Cheese Dog on WG Bun	<b>COMMON CREATIONS</b> Zesty Broccoli Cheddar Soup w/ WG Dinner Roll
<b>MARKET FRESH</b> Taco Salad with Tortilla Chips Turkey & Cheese Sub PBJ Uncrustable	<b>MARKET FRESH</b> Chicken Salad Croissant Yogurt with Cheese Stick & Muffin PBJ Uncrustable	<b>MARKET FRESH</b> Popcorn Chicken Salad with WG Dinner Roll PBJ Uncrustable	<b>MARKET FRESH</b> Yogurt Parfait Ham & Cheese Sub PBJ Uncrustable	<b>MARKET FRESH</b> Hot 'n Spicy Chicken Salad with WG Dinner Roll Deli Wrap PBJ Uncrustable

## SIDES

Fresh Veggie Tray with Dip Potato Smiles Refried Beans with Cheese Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Broccoli with Cheese French Fries Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Mashed Potatoes with Gravy Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Baby Carrots Seasoned Potatoes Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Corn Fresh or Canned Fruit Frozen Fruit Cup Milk
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## BREAKFAST MENU

WEEK 1

WEEK 2

Zee Zee Soft Baked Bar Fresh Fruit Juice Milk	Sausage Biscuit Sandwich Fresh Fruit Juice Milk	Cinnamon Toast Crunch Bread Fresh Fruit Juice Milk	Otis Spunkmeyer WG Muffin Fresh Fruit Juice Milk	WG Snack'n Waffle Fresh Fruit Juice Milk
UBR or Nature Valley Breakfast Round Fresh Fruit Juice Milk	Sausage Egg & Cheese Breakfast Pocket with Salsa Fresh Fruit Juice Milk	WG Sweet Roll Fresh Fruit Juice Milk	Tony's Breakfast Pizza Bagel Fresh Fruit Juice Milk	Pillbury Mini Cinni Fresh Fruit Juice Milk

BREAKFAST ROTATION

AUG 2022					SEPT 2022					OCT 2022					NOV 2022					DEC 2022									
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					
1	2	3	4	5				1	2	3	4	5	6	7	8	1	2	3	4									1	2
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9					
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16					
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23					
29	30	31			26	27	28	29	30	31					28	29	30			26	27	28	29	30					

*Note: Fall Break occurs on Oct 17-19 and Oct 24-26. Winter Break occurs on Dec 26-29.*