

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:

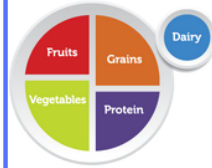
At least 2.5 c. fruit
At least 3.75 c. vegetables
8-12 oz. grain
8-10 oz. protein

-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



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

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
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WEEK 2

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
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BREAKFAST ROTATION

JAN 2022					FEB 2022					MAR 2022					APR 2022					MAY 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	
3	4	5	6	7	1	2	3	4		1	2	3	4							1	2	3	4	5	6
10	11	12	13	14	8	9	10	11		8	9	10	11		4	5	6	7	8	9	10	11	12	13	
17	18	19	20	21	14	15	16	17	18	14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	
24	25	26	27	28	21	22	23	24	25	21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	
31					28					28	29	30	31		25	26	27	28	29	30	31				

Menus subject
to change.

This institution is
an equal
opportunity
provider.