

SHS Fall 2022 Quarter 2 Menu

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

Students are offered weekly at lunch:

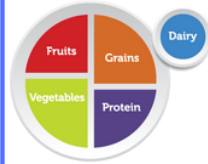
- At least 5 c. fruit
- At least 5 c. vegetables
- 8-12 oz. grain
- 8-10 oz. protein

- 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LA PIZZERIA	LA PIZZERIA	LA PIZZERIA	LA PIZZERIA	LA PIZZERIA
Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza
Bosco Sticks with Marinara Sauce	Soft Pretzel with Cheese	Bosco Sticks with Marinara Sauce	Soft Pretzel with Cheese	Bosco Sticks with Marinara Sauce
STAR FAVORITES & SIGNATURE SELECTIONS	STAR FAVORITES & SIGNATURE SELECTIONS	STAR FAVORITES & SIGNATURE SELECTIONS	STAR FAVORITES & SIGNATURE SELECTIONS	STAR FAVORITES & SIGNATURE SELECTIONS
Sausage Gravy with Biscuit	Regular or Spicy Chicken Sandwich	Popcorn Chicken with WG Dinner Roll	Spicy or Regular Chicken Tenders Wrap	Hamburger or Cheeseburger on WG Bun
Side - Seasoned Potatoes				
COMMON CREATIONS	COMMON CREATIONS	COMMON CREATIONS	COMMON CREATIONS	COMMON CREATIONS
Nachos Grande with Tortilla Chips	Chicken Bacon Flatbread	Chili with Grilled Cheese Sandwich	Asian-Inspired Beef Noodle Bowl	Cowboy Quesadilla
MARKET FRESH	MARKET FRESH	MARKET FRESH	MARKET FRESH	MARKET FRESH
Chef Salad with Chicken	Tostado Salad	Rattlesnake Pasta Bowl	Popcorn Chicken Salad with WG Dinner Roll	Firecracker Salad with WG Dinner Roll
Yogurt with Cheese Stick & Muffin	Yogurt Parfait	Yogurt with Cheese Stick & Muffin	Yogurt Parfait	Yogurt with Cheese Stick & Muffin
Deli Club Wrap	Turkey & Ham Croissant Sandwich	Pizza Sub	Hot Italian Sub	
PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable

SIDES

Refried Beans Carrots with Dip Fresh or Canned Fruit Milk	Green Beans Carrots with Dip Fresh or Canned Fruit Milk	Corn Mashed Potatoes Carrots with Dip Fresh or Canned Fruit Milk	Broccoli Carrots with Dip Fresh or Canned Fruit Milk	California Blend Carrots with Dip Fresh or Canned Fruit Frozen Fruit Cup Milk
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BREAKFAST MENU

Pillsbury Mini Cinni, Cereal or Pop Tart Fresh Fruit Juice Milk	Albie's Sausage Egg & Cheese Breakfast Pocket with Salsa, Cereal or Pop Tart Fresh Fruit Juice Milk	WG Snack'n Waffle, Cereal or Pop Tart Fresh Fruit Juice Milk	Tony's Breakfast Pizza Bagel, Cereal or Pop Tart Fresh Fruit Juice Milk	Sausage Pancake on a Stick, Cereal or Pop Tart Fresh Fruit Juice Milk
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