

SMS Fall 2022 Quarter 2 Menu

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

Students are offered weekly at lunch:

At least 2.5 c. fruit

At least 3.75 c. vegetables

8-12 oz. grain

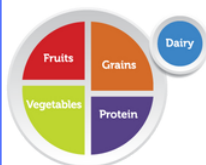
8-10 oz. protein

-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

ALL LINES

Chicken Bacon
Ranch on
WG Flatbread

BBQ Rib
Sandwich on WG
Hoagie Bun

MARKET FRESH

Hot n Spicy
Chicken Salad
with
WG Dinner Roll

PBJ Uncrustable

TUESDAY

ALL LINES

Bosco Sticks with
Marinara Sauce

Regular or Hot n
Spicy Chicken
Patty on WG Bun

MARKET FRESH

Yogurt with
Cheese Stick &
Muffin

PBJ Uncrustable

WEDNESDAY

ALL LINES

Nachos Grande
with Tortilla
Chips

Spicy or Regular
Chicken Tenders
w/ Roll

MARKET FRESH

Taco Salad with
Tostitos

PBJ Uncrustable

THURSDAY

ALL LINES

Hamburger or
Cheeseburger on
WG Bun

Mozzarella
Cheese Sticks
with Marinara or
Ranch

MARKET FRESH

Garden Salad
with WG
Dinner Rolls

PBJ Uncrustable

FRIDAY

ALL LINES

Cheese or
Pepperoni Pizza
Slice

Boneless Chicken
Wings with
Sauces

MARKET FRESH

Chef Salad with
WG Dinner Rolls

PBJ Uncrustable

SIDES

Fresh Veggie Tray
with Dip
Steamed Broccoli

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Green Beans

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Refried Beans
with Cheese

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
French Fries

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Corn

Fresh or Canned
Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

Pillsbury Mini Cinni,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Donut Holes,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

WG Snack'n Waffle,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Sweet Roll,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Sausage Pancake
on a Stick,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk