

Compass Winter 2023 Quarter 3 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

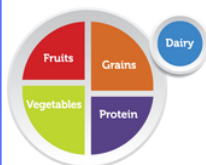
8-10 oz. protein

-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
Week 1 Boneless Wings with Choice of Sauce Week 2 Nachos Grande with Tortilla Chips Yogurt with Cheese Stick and Muffin PBJ Uncrustable	Regular or Spicy Chicken Patty Sandwich Ranchero Pizza PBJ Uncrustable	Popcorn Chicken with WG Dinner Roll BBQ Rib on WG Bun PBJ Uncrustable	Regular or Spicy Chicken Wrap Popcorn Chicken Salad with WG Dinner Roll PBJ Uncrustable	Cheeseburger or Hamburger on WG Bun Cheese Enchiladas PBJ Uncrustable

SIDES

Mixed Vegetables Fresh or Canned Fruit Milk	Carrots with Dip Green Beans Fresh or Canned Fruit Milk	Carrots with Dip Corn Fresh or Canned Fruit Milk	Carrots with Dip Broccoli Fresh or Canned Fruit Milk	Carrots with Dip Baked Beans Fresh or Canned Fruit Frozen Fruit Cup Milk
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BREAKFAST MENU

Pillsbury Mini Cinni Fresh Fruit Juice Milk	Albie's Breakfast Pocket Fresh Fruit Juice Milk	WG Snack'n Waffle Fresh Fruit Juice Milk	Tony's Breakfast Pizza Bagel Fresh Fruit Juice Milk	Sausage Pancake on a Stick Fresh Fruit Juice Milk
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