

Kindergarten Winter 2023 Quarter 3 Menu

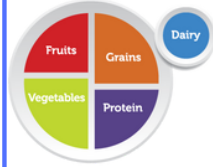
**Perry Township Schools follows the
USDA Nutrition Standards for
School Meals**

-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



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

MONDAY

Chicken Smackers with
WG Dinner Roll
PBJ Uncrustable with
Cheese Stick &
Grahams
Green Beans
Fruit/Fresh Fruit
Milk

TUESDAY

Beef Nachos with
Tortilla Chips
PBJ Uncrustable with
Cheese Stick & Grahams
Corn or Refried Beans
with Cheese
Fruit/Fresh Fruit
Milk

WEDNESDAY

Mac 'n Cheese with
WG Dinner Roll
PBJ Uncrustable with
Cheese Stick &
Grahams
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

THURSDAY

Hamburger/
Cheeseburger on WG Bun
PBJ Uncrustable with
Cheese Stick & Grahams
Potato Smiles
Fruit/Fresh Fruit
Milk

FRIDAY

Pizza Pull-Aparts
PBJ Uncrustable with
Cheese Stick &
Grahams
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

WEEK 1

Chicken Patty on
WG Bun
PBJ Uncrustable with
Cheese Stick &
Grahams
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

Bosco Sticks with
Marinara Sauce
PBJ Uncrustable with
Cheese Stick &
Grahams
Green Beans
Fruit/Fresh Fruit
Milk

Hot Dog on WG Bun
PBJ Uncrustable with
Cheese Stick &
Grahams
Baked Beans
Fruit/Fresh Fruit
Milk

Cheese Omelet
with Cinnamon Roll
PBJ Uncrustable with
Cheese Stick &
Grahams
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

Pizza Slice
PBJ Uncrustable with
Cheese Stick &
Grahams
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

Chicken Tenders with
WG Dinner Roll
PBJ Uncrustable with
Cheese Stick &
Grahams
Mashed Potatoes
Fruit/Fresh Fruit
Milk

Corn Dog
PBJ Uncrustable with
Cheese Stick & Grahams
Baked Beans
Fruit/Fresh Fruit
Milk

Yogurt with Cheese
Stick & Muffin
PBJ Uncrustable with
Cheese Stick &
Grahams
Baby Carrots with Dip
Fruit/Fresh Fruit
Milk

Mini Mozzarella Sticks
with Marinara
PBJ Uncrustable with
Cheese Stick &
Grahams
Green Beans
Fruit/Fresh Fruit
Milk

Tony's Personal Pan Pizza
PBJ Uncrustable with
Cheese Stick & Grahams
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

TWO WEEK BREAKFAST MENU

Zee Zee's Soft
Baked Bar
Fresh Fruit
Juice
Milk

Cinnamon Toast
Crunch Bread
Fresh Fruit
Juice
Milk

Cereal Bar
Fresh Fruit
Juice
Milk

Otis Spunkmeyer
WG Muffin
Fresh Fruit
Juice
Milk

Pillsbury Mini Cinni
Fresh Fruit
Juice
Milk

WG Pop Tart
Fresh Fruit
Juice
Milk

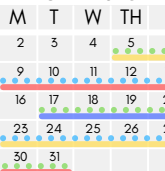
Sausage Pancake
on a Stick
Fresh Fruit
Juice
Milk

Dunkin' Sticks
Fresh Fruit
Juice
Milk

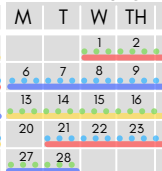
UBR or Nature Valley
Breakfast Round
Fresh Fruit
Juice
Milk

WG Snack'n Waffle
Fresh Fruit
Juice
Milk

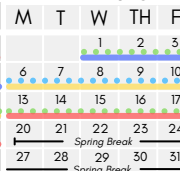
JAN 2023



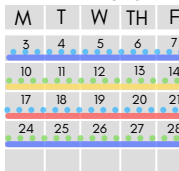
FEB 2023



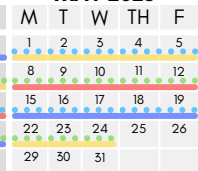
MAR 2023



APR 2023



MAY 2023



••• breakfast lunch

This institution is an equal opportunity provider.
Menus subject to change.