

P6th Grade Academy Winter 2023 Quarter 3 Menu

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

Students are offered weekly at lunch:

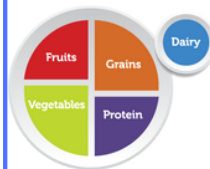
At least 2.5 c. fruit
At least 3.75 c. vegetables
8-12 oz. grain
8-10 oz. protein

-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

LA PIZZERIA

Bosco Sticks with
Marinara Sauce

STAR FAVORITES

Regular or Hot 'n Spicy
Chicken Sandwich on
WG Bun

COMMON CREATIONS

Nachos Grande with
Tortilla Chips

MARKET FRESH

Taco Salad with
Tostitos
Turkey & Cheese
Sub
PBJ Uncrustable

TUESDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

STAR FAVORITES

Hamburger or
Cheeseburger on
WG Bun

COMMON CREATIONS

Spicy Chicken
Tenders with
WG Dinner Roll

MARKET FRESH

Yogurt with Cheese
Stick & Muffin
PBJ Uncrustable

WEDNESDAY

STAR FAVORITES

Mini Corn Dogs

COMMON CREATIONS

Chicken Smackers
with WG Dinner Roll

MARKET FRESH

Popcorn Chicken
Salad with
WG Dinner Roll
PBJ Uncrustable

THURSDAY

LA PIZZERIA

Calzone or
Ham & Cheese
Hot Pocket
(alternative weeks)

STAR FAVORITES

Chili with Crackers

COMMON CREATIONS

Boneless Chicken
Wings with
Choice of Sauce

MARKET FRESH

Yogurt Parfait
Ham & Cheese Sub
PBJ Uncrustable

FRIDAY

LA PIZZERIA

Cheese or
Pepperoni
5" Pizza Round

STAR FAVORITES

Mac 'n Cheese with
WG Dinner Roll

COMMON CREATIONS

Asian-Inspired
Beef Rice Bowl

MARKET FRESH

Hot 'n Spicy
Chicken Salad with
WG Dinner Roll
Deli Wrap
PBJ Uncrustable

SIDES

Fresh Veggie Tray
with Dip
Green Beans
Refried Beans
with Cheese
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Corn
Seasoned Potatoes
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Mashed Potatoes
with Gravy
Baked Beans
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Baby Carrots
Broccoli with
Cheese
Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Mixed Vegetable
Fresh or Canned
Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

Cinnamon Toast
Crunch Bread
or
WG Pop Tart (2ct)
Fresh Fruit
Juice
Milk

Egg Mini's
(Cook's Choice)
or
Nature Valley or UBR
Breakfast Round
Fresh Fruit
Juice
Milk

Albie's Breakfast Pocket
or
Otis Spunkmeyer WG
Muffin
Fresh Fruit
Juice
Milk

Sausage Pancake
on a Stick
or
Sweet Roll
Fresh Fruit
Juice
Milk

Tony's Breakfast
Pizza Bagel
or
J&J Bars
Fresh Fruit
Juice
Milk