

PMHS 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

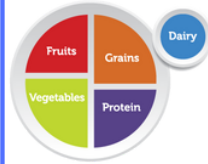
-Lunches = 550-650 calories

-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
LA PIZZERIA Cheese or Pepperoni Pizza Slice OTHER LINES Spicy Chicken Tender Wraps Boneless Chicken Wings with Choice of Sauce MARKET FRESH Garden Salad with WG Dinner Rolls PBJ Uncrustable	LA PIZZERIA Calzone with Marinara Sauce OTHER LINES Nachos Grande with Tortilla Chips Spud-Olé Baked Potato Bar MARKET FRESH Taco Salad with Tortilla Chips Yogurt Parfait PBJ Uncrustable	LA PIZZERIA Cheese or Pepperoni Pizza Slice OTHER LINES Popcorn Chicken with Dinner Roll MARKET FRESH Hot 'n Spicy Chicken Salad with WG Dinner Roll Turkey, Ham & Cheese Croissant Sandwich PBJ Uncrustable	LA PIZZERIA Calzone with Marinara Sauce OTHER LINES Sloppy Joe on WG Bun Pasta with Choice of Alfredo, Marinara or Meat Sauce with WG Dinner Roll MARKET FRESH Chef Salad with WG Dinner Roll PBJ Uncrustable	LA PIZZERIA Ranchero Pizza OTHER LINES Cheeseburger or Hamburgers on WG Bun Asian-Inspired Beef Noodle Bowl MARKET FRESH Yogurt with Cheese Stick & Muffin PBJ Uncrustable

SIDES

Fresh Veggie Tray with Dip Steamed Broccoli Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Corn & Black Beans Refried Beans Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Mashed Potatoes with Gravy Mixed Vegetables Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Baked Beans Side Salad Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Seasoned Potatoes Asian Vegetable Blend Fresh or Canned Fruit Frozen Fruit Cup Milk
---	---	---	--	---

BREAKFAST MENU

Pillsbury Mini Cinni, Cereal or Pop Tart Fresh Fruit Juice Milk	Albie's 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	Zee Zee's Soft Baked Bar, Cereal or Pop Tart Fresh Fruit Juice Milk
--	---	---	--	--