

# PTEC Preschool Winter 2023 Quarter 3 Menu

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

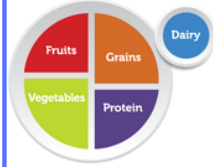
Students are offered weekly at lunch:  
 At least 1.25 c. fruit  
 At least 1.25 c. vegetables  
 At least 2.5 oz. grain  
 At least 7.5 oz. protein

-Unflavored skim/low-fat milk daily  
 -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](http://perryschools.org)



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

WEEK 1

Chicken Smackers  
Baked Beans  
Fruit/Fresh Fruit  
Unflavored Milk

Beef Soft Taco  
Cooked Carrots  
Fruit/Fresh Fruit  
Unflavored Milk

Mac 'n Cheese  
Green Beans  
Fruit/Fresh Fruit  
Unflavored Milk

Hamburger/  
Cheeseburger  
on WG Bun  
Potato Smiles  
Fruit/Fresh Fruit  
Unflavored Milk

Pizza Pull-Aparts  
Broccoli with  
Cheese  
Fruit/Fresh Fruit  
Unflavored Milk

WEEK 2

Chicken Patty on  
WG Bun  
Potato Smiles  
Fruit/Fresh Fruit  
Unflavored Milk

Bosco Sticks with  
Marinara Sauce  
Green Beans  
Fruit/Fresh Fruit  
Unflavored Milk

Sausage & Egg  
with Biscuit  
Cooked Carrots  
Fruit/Fresh Fruit  
Unflavored Milk

Popcorn Chicken  
Baked Beans  
Fruit/Fresh Fruit  
Unflavored Milk

Pizza Slice  
Broccoli with  
Cheese  
Fruit/Fresh Fruit  
Unflavored Milk

WEEK 3

Chicken Tenders  
Baked Beans  
Fruit/Fresh Fruit  
Unflavored Milk

Pillsbury Italian  
Cheesy Pull-Apart  
with Marinara  
Green Beans  
Fruit/Fresh Fruit  
Unflavored Milk

Yogurt with  
Cheese Stick &  
Muffin  
Cooked Carrots  
Fruit/Fresh Fruit  
Unflavored Milk

Cheese Omelet  
with WG Waffles  
Seasoned Potatoes  
Fruit/Fresh Fruit  
Unflavored Milk

4x6 Pizza  
Broccoli with  
Cheese  
Fruit/Fresh Fruit  
Unflavored Milk

## TWO WEEK BREAKFAST MENU

WEEK 1

Zee Zee's Soft  
Baked Bar  
Fresh Fruit  
Unflavored Milk

UBR or  
Nature Valley  
Breakfast Round  
Fresh Fruit  
Unflavored Milk

Tony's Breakfast  
Pizza Bagel  
Fresh Fruit  
Unflavored Milk

Otis Spunkmeyer  
WG Muffin  
Fresh Fruit  
Unflavored Milk

Pillsbury Mini Cinni  
Fresh Fruit  
Unflavored Milk

WEEK 2

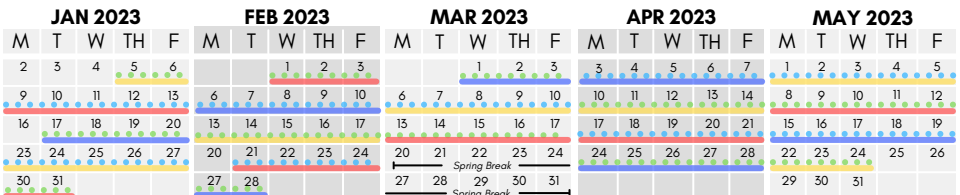
Danimals  
Flavored Yogurt  
Fresh Fruit  
Unflavored Milk

Sausage Pancake  
on a Stick  
Fresh Fruit  
Unflavored Milk

Assorted Cereal  
Fresh Fruit  
Unflavored Milk

Otis Spunkmeyer  
WG Muffin  
Fresh Fruit  
Unflavored Milk

WG Snack'n Waffle  
Fresh Fruit  
Unflavored Milk



••• breakfast    ■ lunch

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