

RISE Winter 2023 Quarter 3 Menu

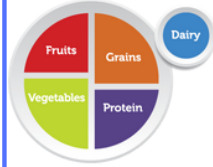
**Perry Township Schools follows the
USDA Nutrition Standards for
School Meals**

-Low fat/skim milk offered daily
-Lunches = 550-650 calories
-Must take fruit or vegetable

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
Pepperoni Pizza
Munchable
PBJ Uncrustable
Mashed Potatoes
Fruit/Fresh Fruit
Milk

TUESDAY

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

WEDNESDAY

Spaghetti with
WG Dinner Roll
Garden Salad with
WG Dinner Roll
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

THURSDAY

Hamburger/
Cheeseburger on WG Bun
Taco Salad with
Tortilla Chips
PBJ Uncrustable
Potato Smiles
Fruit/Fresh Fruit
Milk

FRIDAY

Pizza Pull-Aparts
Hot 'n Spicy Chicken
Salad with
WG Dinner Roll
PBJ Uncrustable
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

WEEK 1

Chicken Patty on
WG Bun
Pepperoni Pizza
Munchable
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

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

Hot Dog on WG Bun
Garden Salad with
WG Dinner Roll
PBJ Uncrustable
Baked Beans
Fruit/Fresh Fruit
Milk

Cheese Omelet
with Cinnamon Roll
Taco Salad with
Tortilla Chips
PBJ Uncrustable
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

Pizza Slice
Hot 'n Spicy Chicken
Salad with
WG Dinner Roll
PBJ Uncrustable
Steamed Broccoli
Fruit/Fresh Fruit/Juice
Milk

Chicken Tenders with
WG Dinner Roll
Pepperoni Pizza
Munchable
PBJ Uncrustable
Baked Beans
Fruit/Fresh Fruit
Milk

Pillsbury Italian Cheesy
Pull-Apart with Marinara
Yogurt with Cheese Stick
& Muffin
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

Orange Chicken Rice
Bowl with WG Dinner Roll
Garden Salad with
WG Dinner Roll
PBJ Uncrustable
Steamed Broccoli
Fruit/Fresh Fruit
Milk

French Toast Sticks
with Sausage Patties
Taco Salad with
Tortilla Chips
PBJ Uncrustable
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

Personal Pan Pizza
Hot 'n Spicy Chicken
Salad with
WG Dinner Roll
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit/Juice
Milk

TWO WEEK BREAKFAST MENU

Zee Zee's Soft
Baked Bar
Cereal
Fresh Fruit
Juice
Milk

Cinnamon Toast
Crunch Bread
Cereal
Fresh Fruit
Juice
Milk

Albie's Sausage, Egg &
Cheese Breakfast
Pocket with Salsa
Fresh Fruit
Juice
Milk

Otis Spunkmeyer
WG Muffin
Cereal
Fresh Fruit
Juice
Milk

Pillsbury Mini Cinni
Cereal
Fresh Fruit
Juice
Milk

WG Pop Tart
Cereal
Fresh Fruit
Juice
Milk

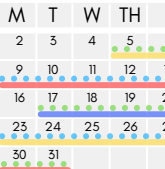
Donut Holes
Cereal
Fresh Fruit
Juice
Milk

Tony's Breakfast
Pizza Bagel
Cereal
Fresh Fruit
Juice
Milk

UBR or Nature Valley
Breakfast Round
Cereal
Fresh Fruit
Juice
Milk

WG Snack'n Waffle
Cereal
Fresh Fruit
Juice
Milk

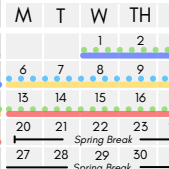
JAN 2023



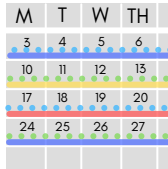
FEB 2023



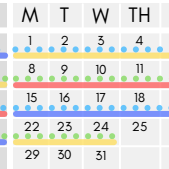
MAR 2023



APR 2023



MAY 2023



••• breakfast — lunch

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