

56th Grade Academy Winter 2023 Quarter 3 Menu

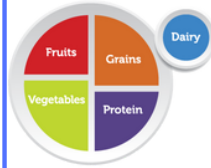
Perry Township Schools follows the USDA Nutrition Standards for School Meals

- 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

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 Tortilla Chips
Turkey & Cheese Sub
PBJ Uncrustable

TUESDAY

LA PIZZERIA

Cheese or Pepperoni Pizza Slice

STAR FAVORITES

Hamburger/ Cheeseburger on WG BUN

COMMON CREATIONS

Asian-Inspired Beef Noodle Bowl

MARKET FRESH

Yogurt with Cheese Stick & Muffin
PBJ Uncrustable

WEDNESDAY

LA PIZZERIA

Pasta Bar with Meat Sauce, Marinara, or Alfredo and Garlic Toast

STAR FAVORITES

Cheese Enchilada

COMMON CREATIONS

Chicken Smackers with WG Dinner Roll

MARKET FRESH

Popcorn Chicken Salad with WG Dinner Roll
PBJ Uncrustable

THURSDAY

LA PIZZERIA

Cheese or Pepperoni Pizza Pull-Aparts

STAR FAVORITES

French Toast Sticks with Eggstravaganza

COMMON CREATIONS

Chili Cheese Dog on WG Bun

MARKET FRESH

Yogurt Parfait
Ham & Cheese Sub
PBJ Uncrustable

FRIDAY

LA PIZZERIA

Cheese or Pepperoni 5" Pizza Round

STAR FAVORITES

Chicken Drumstick with Biscuit

COMMON CREATIONS

Zesty Broccoli Cheddar Soup w/ WG Dinner Roll

MARKET FRESH

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

SIDES

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

Fresh Veggie Tray with Dip
Broccoli with Cheese
French Fries
Fresh or Canned Fruit
Milk

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

Fresh Veggie Tray with Dip
Baby Carrots
Seasoned Potatoes
Fresh or Canned Fruit
Milk

Fresh Veggie Tray with Dip
Corn
Fresh or Canned Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

WEEK 1

Zee Zee Soft Baked Bar
Fresh Fruit
Juice
Milk

Sausage Biscuit Sandwich
Fresh Fruit
Juice
Milk

Cinnamon Toast
Crunch Bread
Fresh Fruit
Juice
Milk

Otis Spunkmeyer
WG Muffin
Fresh Fruit
Juice
Milk

WG Breakfast Bar
Fresh Fruit
Juice
Milk

WEEK 2

UBR or Nature Valley
Breakfast Round
Fresh Fruit
Juice
Milk

Eggo Minis (Cook's Choice)
Fresh Fruit
Juice
Milk

WG Sweet Roll
Fresh Fruit
Juice
Milk

Tony's Breakfast
Pizza Bagel
Fresh Fruit
Juice
Milk

Pillbury Mini Cinni
Fresh Fruit
Juice
Milk

BREAKFAST ROTATION

	JAN 2023					FEB 2023					MAR 2023					APR 2023					MAY 2023				
	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
9	2	3	4	5	6			1	2	3			1	2	3	3	4	5	6	7	1	2	3	4	5
10	9	10	11	12	13	6	7	8	9	10	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12
16	17	18	19	20	21	13	14	15	16	17	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19
23	24	25	26	27	28	20	21	22	23	24	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26
30	31					27	28				27	28	29	30	31						29	30	31		