

# SHS 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

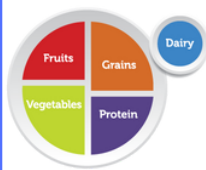
8-10 oz. protein

-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](http://perryschools.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LA PIZZERIA</b>	<b>LA PIZZERIA</b>	<b>LA PIZZERIA</b>	<b>LA PIZZERIA</b>	<b>LA PIZZERIA</b>
Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza
Bosco Sticks with Marinara Sauce	Soft Pretzel with Cheese	Bosco Sticks with Marinara Sauce	Soft Pretzel with Cheese	Bosco Sticks with Marinara Sauce
<b>STAR FAVORITES &amp; SIGNATURE SELECTIONS</b>	<b>STAR FAVORITES &amp; SIGNATURE SELECTIONS</b>	<b>STAR FAVORITES &amp; SIGNATURE SELECTIONS</b>	<b>STAR FAVORITES &amp; SIGNATURE SELECTIONS</b>	<b>STAR FAVORITES &amp; SIGNATURE SELECTIONS</b>
Boneless Wings with Choice of Sauce	Regular or Spicy Chicken Sandwich	Popcorn Chicken with WG Dinner Roll	Spicy or Regular Chicken Tenders Wrap	Hamburger or Cheeseburger on WG Bun
<b>COMMON CREATIONS</b>	<b>COMMON CREATIONS</b>	<b>COMMON CREATIONS</b>	<b>COMMON CREATIONS</b>	<b>COMMON CREATIONS</b>
Nachos Grande with Tortilla Chips	Ranchero Pizza	BBQ Rib on WG Bun	Asian-Inspired Beef Noodle Bowl	Cheese Enchiladas
<b>MARKET FRESH</b>	<b>MARKET FRESH</b>	<b>MARKET FRESH</b>	<b>MARKET FRESH</b>	<b>MARKET FRESH</b>
Chef Salad with Chicken	Taco Salad with Tostitos	Rattlesnake Pasta Bowl	Popcorn Chicken Salad with WG Dinner Roll	Firecracker Salad with WG Dinner Roll
Yogurt with Cheese Stick & Muffin	Deli Club Wrap	Yogurt with Cheese Stick & Muffin	Yogurt Parfait	Yogurt with Cheese Stick & Muffin
Mozzarella Sticks with Marinara or Ranch	Yogurt Parfait	PBJ Uncrustable	Hot Italian Sub	PBJ Uncrustable
PBJ Uncrustable	PBJ Uncrustable		PBJ Uncrustable	PBJ Uncrustable

## SIDES

Refried Beans Mixed Vegetables Carrots with Dip Fresh or Canned Fruit Milk	Green Beans Carrots with Dip Fresh or Canned Fruit Milk	Corn Mashed Potatoes Carrots with Dip Fresh or Canned Fruit Milk	Broccoli Carrots with Dip Fresh or Canned Fruit Milk	Seasoned Potatoes Carrots with Dip Fresh or Canned Fruit Frozen Fruit Cup Milk
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## BREAKFAST MENU

Pillsbury Mini Cinni, Cereal or Pop Tart Fresh Fruit Juice Milk	Albie's Sausage Egg & Cheese 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	Sausage Pancake on a Stick, Cereal or Pop Tart Fresh Fruit Juice Milk
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