

# SMS Winter 2023 Quarter 3 Menu

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

Students are offered weekly at lunch:

At least 2.5 c. fruit

At least 3.75 c. vegetables

8-12 oz. grain

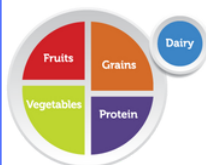
8-10 oz. protein

-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>ALL LINES</b>                              | <b>ALL LINES</b>                               | <b>ALL LINES</b>                         | <b>ALL LINES</b>                                | <b>ALL LINES</b>                   |
| Chicken Smackers with WG Dinner Roll          | Bosco Sticks with Marinara Sauce               | Nachos Grande with Tortilla Chips        | Hamburger or Cheeseburger on WG Bun             | Cheese or Pepperoni Pizza Slice    |
| BBQ Rib on WG Bun                             | Regular or Hot n Spicy Chicken Patty on WG Bun | Spicy or Regular Chicken Tenders w/ Roll | Mozzarella Cheese Sticks with Marinara or Ranch | Boneless Chicken Wings with Sauces |
| <b>MARKET FRESH</b>                           | <b>MARKET FRESH</b>                            | <b>MARKET FRESH</b>                      | <b>MARKET FRESH</b>                             | <b>MARKET FRESH</b>                |
| Hot n Spicy Chicken Salad with WG Dinner Roll | Yogurt Parfait                                 | Taco Salad with Tostitos                 | Yogurt & Cheese Stick with Muffin               | Chef Salad with WG Dinner Rolls    |
| PBJ Uncrustable                               | PBJ Uncrustable                                | PBJ Uncrustable                          | PBJ Uncrustable                                 | PBJ Uncrustable                    |

| SIDES                      |                            |                            |                            |                            |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Fresh Veggie Tray with Dip | Fresh Veggie Tray with Dip | Fresh Veggie Tray with Dip | Fresh Veggie Tray with Dip | Fresh Veggie Tray with Dip |
| Mashed Potatoes with Gravy | Green Beans                | Refried Beans with Cheese  | French Fries               | Broccoli                   |
| Fresh or Canned Fruit      | Fresh or Canned Fruit      | Fresh or Canned Fruit      | Fresh or Canned Fruit      | Fresh or Canned Fruit      |
| Milk                       | Milk                       | Milk                       | Milk                       | Milk                       |
|                            |                            |                            |                            | Frozen Fruit Cup           |

| BREAKFAST MENU                           |                                 |                                       |                                |  |
|--|---------------------------------|---------------------------------------|--------------------------------|--|
| Pillsbury Mini Cinni, Cereal or Pop Tart | Donut Holes, Cereal or Pop Tart | WG Snack'n Waffle, Cereal or Pop Tart | Sweet Roll, Cereal or Pop Tart | Sausage Pancake on a Stick, Cereal or Pop Tart |
| Fresh Fruit                              | Fresh Fruit                     | Fresh Fruit                           | Fresh Fruit                    | Fresh Fruit                                    |
| Juice                                    | Juice                           | Juice                                 | Juice                          | Juice  |
| Milk                                     | Milk                            | Milk                                  | Milk                           | Milk   |