

# PMHS 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

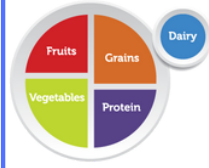
-Lunches = 550-650 calories

-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> Cheese or Pepperoni Pizza Slice  <b>OTHER LINES</b>  Spicy Chicken Tender Wraps  Boneless Chicken Wings with Choice of Sauce  <b>MARKET FRESH</b> Garden Salad with WG Dinner Rolls  PBJ Uncrustable	<b>LA PIZZERIA</b> Calzone with Marinara Sauce  <b>OTHER LINES</b>  Nachos Grande with Tortilla Chips  Spud-Olé Baked Potato Bar  <b>MARKET FRESH</b> Taco Salad with Tortilla Chips  Yogurt Parfait PBJ Uncrustable	<b>LA PIZZERIA</b> Cheese or Pepperoni Pizza Slice  <b>OTHER LINES</b>  Popcorn Chicken with Dinner Roll  <b>MARKET FRESH</b> Hot 'n Spicy Chicken Salad with WG Dinner Roll  Turkey, Ham & Cheese Croissant Sandwich PBJ Uncrustable	<b>LA PIZZERIA</b> Calzone with Marinara Sauce  <b>OTHER LINES</b>  Chili Cheese Dog on WG Bun  Pasta with Choice of Alfredo, Marinara or Meat Sauce with WG Dinner Roll  <b>MARKET FRESH</b> Chef Salad with WG Dinner Roll  PBJ Uncrustable	<b>LA PIZZERIA</b> Ranchero Pizza  <b>OTHER LINES</b>  Cheeseburger or Hamburgers on WG Bun  Asian-Inspired Beef Noodle Bowl  <b>MARKET FRESH</b> Yogurt with Cheese Stick & Muffin  PBJ Uncrustable

## SIDES

Fresh Veggie Tray with Dip Steamed Broccoli  Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Corn & Black Beans Refried Beans  Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Mashed Potatoes with Gravy Mixed Vegetables  Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Baked Beans Side Salad  Fresh or Canned Fruit Milk	Fresh Veggie Tray with Dip Seasoned Potatoes Asian Vegetable Blend  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 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	Zee Zee's Soft Baked Bar, Cereal or Pop Tart Fresh Fruit Juice Milk
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