

Compass 2023 Quarter 4 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

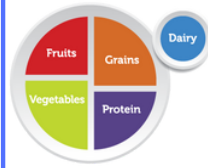
-Lunches = 550-650 calories

-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**



WEEK 1

MONDAY

Boneless Chicken
Wings with
WG Dinner Roll

PBJ Uncrustable

Carrots with Dip
Mixed Vegetables
Canned/Fresh Fruit
Milk

TUESDAY

Regular or Spicy
Chicken Patty Sandwich
on WG Bun

PBJ Uncrustable

Carrots with Dip
Green Beans
Canned/Fresh Fruit
Milk

WEDNESDAY

Popcorn Chicken Bowl
with WG Dinner Roll

PBJ Uncrustable

Carrots with Dip
Corn
Mashed Potatoes
Canned/Fresh Fruit
Milk

THURSDAY

Regular or Spicy
Chicken Tender Wrap

PBJ Uncrustable

Carrots with Dip
Broccoli
Canned/Fresh Fruit
Milk

FRIDAY

BBQ Rib Sandwich on
WG Bun

PBJ Uncrustable

Carrots with Dip
Baked Beans
Mixed Vegetables
Canned/Fresh Fruit
Milk

WEEK 2

Nachos Grande with
Tortilla Chips

PBJ Uncrustable

Carrots with Dip
Refried Beans
Canned/Fresh Fruit
Milk

Teriyaki Dumplings with
Fried Rice

PBJ Uncrustable

Carrots with Dip
Green Beans
Canned/Fresh Fruit
Milk

Fiesta Chicken
Flatbread

PBJ Uncrustable

Carrots with Dip
Corn
Canned/Fresh Fruit
Milk

Asian-Inspired Beef
Noodle Bowl

PBJ Uncrustable

Carrots with Dip
Broccoli
Canned/Fresh Fruit
Milk

Hamburger or
Cheeseburger on
WG Bun

PBJ Uncrustable

Carrots with Dip
Seasoned Potatoes
Canned/Fresh Fruit
Milk

BREAKFAST MENU

Pillsbury Mini Cinni
Fresh Fruit
Juice
Milk

Otis Spunkmeyer
WG Muffin
Fresh Fruit
Juice
Milk

WG Snack'n Waffle
Fresh Fruit
Juice
Milk

WG Breakfast Bar
Fresh Fruit
Juice
Milk

Sausage Pancake
on a Stick
Fresh Fruit
Juice
Milk

LUNCH ROTATION

MAR 2023

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

APR 2023

M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MAY 2023

M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		