

PMMS 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

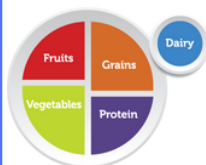
-Lunches = 550-650 calories

-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



MONDAY

ALL LINES

Chicken Patty on
WG Bun

Spicy or Regular
Chicken Tenders
with
WG Dinner Roll

MARKET FRESH

Hot 'n Spicy
Chicken Salad
with
WG Dinner Roll

PBJ Uncrustable

TUESDAY

ALL LINES

Nachos Grande
with Tortilla Chips

Boneless Chicken
Wings with Choice
of Sauces with
WG Dinner Roll

MARKET FRESH

Taco Salad with
Tortilla Chips

PBJ Uncrustable

WEDNESDAY

ALL LINES

Hamburger or
Cheeseburger on
WG Bun

Mini Corn Dogs

MARKET FRESH

Ham & Turkey
Croissant

PBJ Uncrustable

THURSDAY

ALL LINES

Popcorn Chicken
Bowl with WG
Dinner Roll

BBQ Rib
Sandwich on
WG Bun

MARKET FRESH

Yogurt & Cheese
Stick with Muffin

PBJ Uncrustable

FRIDAY

ALL LINES

Tony's Personal
Pan Pizza

Soft Shell Tacos

MARKET FRESH

Chef Salad with
WG Dinner Rolls

PBJ Uncrustable

SIDES

Fresh Veggie Tray
with Dip
Steamed Broccoli

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Refried Beans

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Baked Beans

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip

Fresh or Canned
Fruit
Milk

Fresh Veggie Tray
with Dip
Mixed Vegetables
Fresh or Canned
Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

Donut Holes
or
Pop Tart
Fresh Fruit
Juice
Milk

Pillsbury Frudel
or
Pop Tart
Fresh Fruit
Juice
Milk

Otis Spunkmeyer
WG Muffin
or
Pop Tart
Fresh Fruit
Juice
Milk

Albie's Breakfast
Pocket
or
Pop Tart
Fresh Fruit
Juice
Milk

WG Breakfast Bar
or
Pop Tart
Fresh Fruit
Juice
Milk