

## **PTEC Preschool 2023 Quarter 4 Menu**

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

Students are offered weekly at lunch: At least 1.25 c. fruit At least 1.25 c. vegetables At least 2.5 oz. grain At least 7.5 oz. protein

-Unflavored skim/low-fat milk daily -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



DNESDAY THURSDAY FRIDAY	WEDNESDA	TUESDAY	MONDAY	
t/Fresh Fruit Potato Smiles	Mac 'n Chee Green Bear Fruit/Fresh Fr Unflavored N	Beef Soft Taco Cooked Carrots Fruit/Fresh Fruit Unflavored Milk	Chicken Smackers Baked Beans Fruit/Fresh Fruit Unflavored Milk	WEEK 1
ith Biscuit Popcorn Chicken Broccoli with bled Carrots Baked Beans Cheese t/Fresh Fruit Fruit/Fresh Fruit tuffaygrad Milk	Sausage & E with Biscuit Cooked Carr Fruit/Fresh Fr Unflavored N	Bosco Sticks with Marinara Sauce Green Beans Fruit/Fresh Fruit Unflavored Milk	Chicken Patty on WG Bun Potato Smiles Fruit/Fresh Fruit Unflavored Milk	WEEK 2
Average Concesse Omelet 4x6 Pizza Muffin MG Waffles Broccoli with Average Carrots Fruit/Fresh Fruit t/Fresh Fruit Unflavored Milk Unflavored Milk	Yogurt with Cheese Stick Muffin Cooked Carr Fruit/Fresh Fr Unflavored N	Pillsbury Italian Cheesy Pull-Apart with Marinara Green Beans Fruit/Fresh Fruit Unflavored Milk	Chicken Tenders Baked Beans Fruit/Fresh Fruit Unflavored Milk	WEEK 3
TWO WEEK BREAKFAST MENU				
izza Bagel WG Muffin Pillsbury Mini Cinni Fresh Fruit Fresh Fruit Unflavored Milk	Tony's Breakfa Pizza Bagel Fresh Fruit Unflavored Mi	UBR or Nature Valley Breakfast Round Fresh Fruit Unflavored Milk	Zee Zee's Soft Baked Bar Fresh Fruit Unflavored Milk	WEEK 1
Fresh Fruit Fresh Fruit Fresh Fruit	Assorted Cere Fresh Fruit Unflavored Mi	Sausage Pancake on a Stick Fresh Fruit Unflavored Milk	Danimals Flavored Yogurt Fresh Fruit Unflavored Milk	WEEK 2
	MAR 2023	FEB 2023	JAN 2023	
1 2 3 4 5 6 7 1 2 3 4 5   8 9 10 10 11 12 13 14 8 9 10 11 12	1 2 6 7 8 9	1     2     3       6     7     8     9     10	2 3 4 5 6 9 10 11 12 13	
22     23     24     25     26     27     28     22     23     24     25     26       Spring Break     29     30     31     29     30     31	20 21 22 23 → Spring Break - 27 28 29 30	20 21 22 23 24	23 24 25 26 27 30 31	
t/Fresh Fruit lavored Milk   Fruit/Fresh Fruit Unflavored Milk   Fruit/Fresh Unflavored Milk     SREAKFAST MENU   Otis Spunkmeyer WG Muffin Fresh Fruit Unflavored Milk   Pillsbury Mini Fresh Fruit Unflavored Milk     orted Cereal Fresh Fruit flavored Milk   Otis Spunkmeyer WG Muffin Fresh Fruit Unflavored Milk   WG Snack'n V Fresh Fruit Unflavored Milk     MAR 2023   APR 2023   MAY 2023     W T H 1   3   3   4   5   6   7   1   2   3   4     8   9   10   11   12   15   10   17   18   9   20   21   15   10   17   18     12   22   23   24   25   26   27   28   22   23   24   25	Fruit/Fresh Fr Unflavored M IEEK BREAKFA Tony's Breakfa Pizza Bagel Fresh Fruit Unflavored Mi Assorted Cere Fresh Fruit Unflavored Mi M T W TH 1 2 6 7 8 9 15 14 15 16 20 21 22 23 Spring Break 20 21 22 23 27 28 29 30	Fruit/Fresh Fruit     Unflavored Milk     UBR or     Nature Valley     Breakfast Round     Fresh Fruit     Unflavored Milk	Unflavored Milk Zee Zee's Soft Baked Bar Fresh Fruit Unflavored Milk Danimals Flavored Yogurt Fresh Fruit Unflavored Milk JAN 2023 M T W TH F 2 5 4 5 6 9 10 11 12 15 16 17 18 19 20 25 24 25 26 27	WEEK 1

breakfast lunch This institution is an equal opportunity provider. Menus subject to change.