

S6th Grade Academy 2023 Quarter 4 Menu

Perry Township Schools follows the USDA Nutrition Standards for School Meals

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 LA PIZZERIA

Cheese or Pepperoni Pizza Slice

STAR FAVORITES & COMMON CREATIONS

Chicken Smackers with WG Dinner Roll

MARKET FRESH

Popcorn Chicken Salad with WG Dinner Roll Turkey & Cheese Sub PBJ Uncrustable

TUESDAY

Bosco Sticks with Marinara Sauce

STAR FAVORITES

Regular or Hot 'n Spicy Chicken Sandwich on WG Bun

COMMON CREATIONS

Cheese Enchilada

MARKET FRESH

Yogurt with Cheese Stick & Muffin PBJ Uncrustable

WEDNESDAY LA PIZZERIA

Pasta Bar with Meat Sauce, Marinara, or Alfredo and Garlic Toast

STAR FAVORITES

Nachos Grande with Tortilla Chips

COMMON CREATIONS

French Toast Sticks with Eggstravaganza

MARKET FRESH

Taco Salad with Tortilla Chips PBJ Uncrustable

THURSDAY

Cheese or Pepperoni Pizza Pull-Aparts

STAR FAVORITES

Hamburger/ Cheeseburger on WG Bun

COMMON CREATIONS

Chili Cheese Dog on WG Bun

MARKET FRESH

Hot 'n Spicy Chicken Salad with WG Dinner Roll Ham & Cheese Sub PBJ Uncrustable

FRIDAY

LA PIZZERIA

Cheese or
Pepperoni
5" Pizza Round

STAR FAVORITES

Chicken Drumstick with Biscuit

COMMON CREATIONS

Teriyaki Chicken and Vegetable WG Dumplings

MARKET FRESH

Yogurt Parfait Deli Wrap PBJ Uncrustable

SIDES

Fresh Veggie Tray with Dip Mashed Potatoes with Gravy Fresh or Canned Fruit Milk

Fresh Veggie Tray with Dip Potato Smiles Fresh or Canned Fruit Milk Fresh Veggie Tray with Dip Refried Beans with Cheese Seasoned Potatoes Fresh or Canned Fruit

Fresh Veggie Tray with Dip Baby Carrots French Fries Fresh or Canned Fruit Milk Fresh Veggie Tray with Dip Broccoli Corn Fresh or Canned Fruit Frozen Fruit Cup Milk

BREAKFAST MENU WG Waffle Fresh Fruit

Jumbo Cereal Bar Fresh Fruit Juice Milk

UBR or Nature Valley Breakfast Round Fresh Fruit Juice Milk

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Sausage Biscuit Sandwich Fresh Fruit Juice Milk

Eggo Minis

(Cook's Choice)

Fresh Fruit

luice

Milk

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Juice Milk WG Sweet Roll

WG Sweet Roll Fresh Fruit Juice Milk

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Otis Spunkmeyer WG Muffin Fresh Fruit Juice Milk

> Tony's Breakfast Pizza Bagel Fresh Fruit Juice

> > Milk

WG Breakfast Bar (Dunkin' Sticks) Fresh Fruit Juice Milk

Pillbury Mini Cinni Fresh Fruit Juice Milk

JAN 2023					FEB 2023					MAR 2023					APR 2023					MAY 2023				
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