



At least 2.5 c. fruit  
At least 3.75 c. vegetables  
8-12 oz. grain  
8-10 oz. protein

WG= Whole Grain

**For menus, nutritional analysis, account payments,  
and balances, visit [perryschools.org](http://perryschools.org)**

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

**MARKET FRESH**  
Yogurt with Cheese  
Stick & Muffin  
PBJ Uncrustable

**MARKET FRESH**  
Taco Salad with  
Tortilla Chips  
PBJ Uncrustable

**MARKET FRESH**  
Hot 'n Spicy Chicken  
Salad with  
WG Dinner Roll  
Ham & Cheese Sub  
PRU Incrustable

**MARKET FRESH**  
Yogurt Parfait  
Deli Wrap  
PBJ Uncrustable

Fresh Veggie Tray  
with Dip  
Broccoli  
Corn  
Fresh or Canned Fruit  
Frozen Fruit Cup  
Milk

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

Pillbury Mini Cinni  
Fresh Fruit  
Juice  
Milk

## MAY 2023

M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
2	3	4	5	6			1	2	3			1	2	3	3	4	5	6	7	1	2	3	4	5
9	10	11	12	13	6	7	8	9	10	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12
16	17	18	19	20	13	14	15	16	17	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19
23	24	25	26	27	20	21	22	23	24	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26
30	31				27	28				27	28	29 Spring Break	30	31						29	30	31		