

SHS 2023 Quarter 4 Menu

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

Students are offered weekly at lunch:

At least 5 c. fruit

At least 5 c. vegetables

8-12 oz. grain

8-10 oz. protein

-Low fat/skim milk offered daily

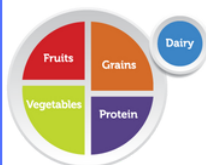
-Lunches = 550-650 calories

-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

Smart Mouth Pizza

Bosco Sticks with
Marinara Sauce

STAR FAVORITES & SIGNATURE SELECTIONS

Boneless Wings
with Choice
of Sauce

COMMON CREATIONS

Nachos Grande
with Tortilla Chips

MARKET FRESH

Chef Salad with
Chicken

Yogurt with Cheese
Stick & Muffin

Mozzarella Sticks with
Marinara or Ranch

PBJ Uncrustable

TUESDAY

LA PIZZERIA

Smart Mouth Pizza
(Specialty: Veggie)

Soft Pretzel with
Cheese

STAR FAVORITES & SIGNATURE SELECTIONS

Regular or Spicy
Chicken Sandwich

COMMON CREATIONS

Teriyaki Dumplings
with Fried Rice

MARKET FRESH

Taco Salad with
Tostitos

Deli Club Wrap

Yogurt Parfait

PBJ Uncrustable

WEDNESDAY

LA PIZZERIA

Smart Mouth Pizza

Bosco Sticks with
Marinara Sauce

STAR FAVORITES & SIGNATURE SELECTIONS

Popcorn Chicken
with WG Dinner Roll

COMMON CREATIONS

Fiesta Chicken
Flatbread

MARKET FRESH

Rattlesnake
Pasta Bowl

Yogurt with Cheese
Stick & Muffin

PBJ Uncrustable

THURSDAY

LA PIZZERIA

Smart Mouth Pizza
(Specialty: Hot Wing)

Soft Pretzel with
Cheese

STAR FAVORITES & SIGNATURE SELECTIONS

Spicy or Regular
Chicken Tenders
Wrap

COMMON CREATIONS

Asian-Inspired
Beef Noodle Bowl

MARKET FRESH

Popcorn Chicken
Salad with WG
Dinner Roll

Yogurt Parfait

Hot Italian Sub

PBJ Uncrustable

FRIDAY

LA PIZZERIA

Smart Mouth Pizza

Bosco Sticks with
Marinara Sauce

STAR FAVORITES & SIGNATURE SELECTIONS

Hamburger or
Cheeseburger on
WG Bun

COMMON CREATIONS

BBQ Rib Sandwich
on WG Bun

MARKET FRESH

Firecracker Salad
with WG Dinner Roll

Yogurt with Cheese
Stick & Muffin

Meatball Sub on WG
Hoagie

PBJ Uncrustable

SIDES

Refried Beans
Mixed Vegetables
Carrots with Dip
Fresh or Canned Fruit
Milk

Green Beans
Carrots with Dip
Fresh or Canned Fruit
Milk

Corn
Mashed Potatoes
Carrots with Dip
Fresh or Canned Fruit
Milk

Broccoli
Carrots with Dip
Fresh or Canned Fruit
Milk

Seasoned Potatoes
Carrots with Dip
Fresh or Canned Fruit
Frozen Fruit Cup
Milk

BREAKFAST MENU

Pillsbury Mini Cinni,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Albie's Sausage Egg
& Cheese Breakfast
Pocket with Salsa,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

WG Snack'n Waffle,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Tony's Breakfast
Pizza Bagel,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

Sausage Pancake
on a Stick,
Cereal or
Pop Tart
Fresh Fruit
Juice
Milk