

# SMS 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

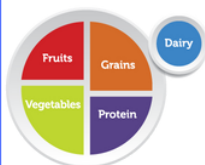
-Lunches = 550-650 calories

-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](http://perryschools.org)



## MONDAY

### ALL LINES

Orange Chicken  
& Rice Bowl

BBQ Rib on  
WG Bun

### MARKET FRESH

Hot n Spicy  
Chicken Salad  
with  
WG Dinner Roll

PBJ Uncrustable

## TUESDAY

### ALL LINES

Bosco Sticks with  
Marinara Sauce

Regular or Hot n  
Spicy Chicken  
Patty on WG Bun

### MARKET FRESH

Yogurt Parfait  
PBJ Uncrustable

## WEDNESDAY

### ALL LINES

Nachos Grande  
with Tortilla  
Chips

Spicy or Regular  
Chicken Tenders  
w/ Roll

### MARKET FRESH

Taco Salad with  
Tostitos

PBJ Uncrustable

## THURSDAY

### ALL LINES

Hamburger or  
Cheeseburger on  
WG Bun

Mozzarella  
Cheese Sticks  
with Marinara or  
Ranch

### MARKET FRESH

Yogurt & Cheese  
Stick with Muffin

PBJ Uncrustable

## FRIDAY

### ALL LINES

Cheese or  
Pepperoni Pizza  
Slice

Boneless Chicken  
Wings with  
Sauces

### MARKET FRESH

Boneless Chicken  
Wing Salad with  
WG Dinner Roll

PBJ Uncrustable

## SIDES

Fresh Veggie Tray  
with Dip  
Asian-Inspired  
Vegetable Blend  
Baked Beans

Fresh or Canned  
Fruit  
Milk

Fresh Veggie Tray  
with Dip  
Green Beans

Fresh or Canned  
Fruit  
Milk

Fresh Veggie Tray  
with Dip  
Corn

Fresh or Canned  
Fruit  
Milk

Fresh Veggie Tray  
with Dip  
French Fries

Fresh or Canned  
Fruit  
Milk

Fresh Veggie Tray  
with Dip  
Broccoli

Fresh or Canned  
Fruit  
Frozen Fruit Cup  
Milk

## BREAKFAST MENU

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

Donut Holes,  
Cereal or  
Pop Tart  
Fresh Fruit  
Juice  
Milk

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

Sweet Roll,  
Cereal or  
Pop Tart  
Fresh Fruit  
Juice  
Milk

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