

PMHS 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

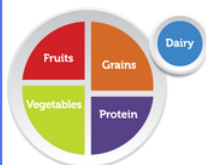
8-10 oz. protein

-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

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Boneless Chicken
Wings with
Choice of Sauce

MARKET FRESH

Garden Salad with
WG Dinner Rolls

PBJ Uncrustable

TUESDAY

LA PIZZERIA

Calzone with
Marinara Sauce

OTHER LINES

Nachos Grande
with Tortilla Chips

Spud-Olé Baked
Potato Bar

MARKET FRESH

Taco Salad with
Tortilla Chips

Yogurt Parfait

PBJ Uncrustable

WEDNESDAY

LA PIZZERIA

Cheese or
Pepperoni Pizza
Slice

OTHER LINES

Spicy Chicken
Tender Wrap

MARKET FRESH

Chef Salad with WG
Dinner Roll

PBJ Uncrustable

THURSDAY

LA PIZZERIA

Tony's Personal
Pan Pizza

OTHER LINES

Cheeseburger or
Hamburgers on
WG Bun

Asian-Inspired
Beef Noodle Bowl

MARKET FRESH

Hot 'n Spicy
Chicken Salad with
WG Dinner Roll

PBJ Uncrustable

FRIDAY

LA PIZZERIA

Calzone with
Marinara Sauce

OTHER LINES

Chili Cheese Dog
on WG Bun

Pasta with
Choice of Alfredo or
Meat Sauce with
WG Dinner Roll

MARKET FRESH

Yogurt with Cheese
Stick & Muffin

PBJ Uncrustable

SIDES

Fresh Veggie Tray
with Dip
Steamed Broccoli

Fresh or Canned
Fruit

Milk

Fresh Veggie Tray
with Dip
Corn & Black Beans
Refried Beans

Fresh or Canned Fruit

Milk

Fresh Veggie Tray
with Dip
Mixed Vegetables

Fresh or Canned Fruit

Milk

Fresh Veggie Tray
with Dip
Seasoned Potatoes
Asian Vegetable
Blend

Fresh or Canned Fruit
Frozen Fruit Cup
Milk

Fresh Veggie Tray
with Dip
Baked Beans
Side Salad

Fresh or Canned
Fruit
Milk

BREAKFAST MENU

Zee Zee's Soft
Baked Bar, Cereal or
Pop Tart
Fresh Fruit
Juice
Milk

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

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

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

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