

# 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

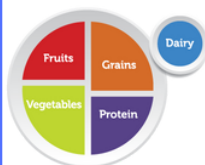
-Lunches = 550-650 calories

-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](http://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)

Pillsbury Italian  
Cheesy Pull-Apart

### 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

Mini Corn Dogs

### MARKET FRESH

Rattlesnake  
Pasta Bowl

Yogurt with Cheese  
Stick & Muffin

PBJ Uncrustable

## THURSDAY

### LA PIZZERIA

Smart Mouth Pizza  
(Specialty: Hot Wing)

Pillsbury Italian  
Cheesy Pull-Apart

### 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