



PERRY MERIDIAN HIGH

LUNCH MENU

FALL 2023 SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Line 1	Calzone with Marinara Sauce	Cheese or Pepperoni Pizza Slice	Calzone with Marinara Sauce	Pillsbury Italian Cheesy Pull-Aparts with Marinara Sauce	Chicken and Cheese Quesadilla
	Line 2	Pasta Bar with Meat Sauce or Alfredo with WG Dinner Roll		Chicken or Vegetarian Fried Rice Bowl with Vegetable Egg Roll and Sweet and Sour Sauce	Asian-Inspired Beef Noodle Bowl	Regular Chicken Sandwich on WG Bun
	Line 3	BBQ Pulled Pork Sandwich on WG Bun	Nachos Grande with Tostitos	Boneless Chicken Wings with Choice of Sauce and WG Dinner Roll	Hamburger or Cheeseburger on WG Bun	Chicken Nuggets and Mac 'n Cheese with WG Dinner Roll
	Line 4		Bean & Cheese Burrito <small>(both entrees have the option of a side of Spanish Rice)</small>			
	Line 5	Garden Salad with WG Dinner Rolls	Taco Salad with Tostitos	Yogurt Parfait with Grahams	Chef Salad with WG Dinner Roll	Mediterranean Chicken Salad with Pita Bread
	Veggies	Turkey and Cheese Sub	Ham and Cheese Sub	Deli Wrap	Pasta Salad	Yogurt with Cheese Stick and Muffin
Week 2	Line 1	Calzone with Marinara Sauce	Cheese or Pepperoni Pizza Slice	Calzone with Marinara Sauce	Pillsbury Italian Cheesy Pull-Aparts with Marinara Sauce	Chicken and Cheese Quesadilla
	Line 2	Pasta Bar with Meat Sauce or Alfredo with WG Dinner Roll		Chicken or Vegetarian Fried Rice Bowl with Vegetable Egg Roll and Sweet Chili Sauce	Asian-Inspired Beef Noodle Bowl	Regular Chicken Sandwich on WG Bun
	Line 3	Chili Cheese Dog	Nachos Grande with Tostitos	Boneless Chicken Wings with Choice of Sauce and WG Dinner Roll	Hamburger or Cheeseburger on WG Bun	Spicy Chicken Tender Wrap
	Line 4		Bean & Cheese Burrito <small>(both entrees have the option of a side of Spanish Rice)</small>			
	Line 5	Garden Salad with WG Dinner Rolls	Taco Salad with Tostitos	Yogurt Parfait with Grahams	Chef Salad with WG Dinner Roll	Mediterranean Chicken Salad with Pita Bread
	Veggies	Turkey and Cheese Sub	Ham and Cheese Sub	Deli Wrap	Pasta Salad	Yogurt with Cheese Stick and Muffin
		<i>Fresh Veggie Tray with Dip Baked Beans</i>	<i>Fresh Veggie Tray with Dip Corn and Black Bean Blend</i>	<i>Fresh Veggie Tray with Dip Steamed Broccoli</i>	<i>Fresh Veggie Tray with Dip Seasoned Potatoes Asian Vegetable Blend</i>	<i>Fresh Veggie Tray with Dip Mixed Vegetables</i>
WG = whole grain		Fruit and Low Fat/ Skim Milk offered daily		Additional entrée option of PBJ Uncrustable (5.3 oz) offered each day		Students must take a fruit or vegetable to be considered a reimbursable meal

AUG 2023					SEPT 2023					OCT 2023					NOV 2023					DEC 2023				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

July 26-28 will start on **Week 1 Lunch**

Menus subject to change.
This institution is an equal opportunity provider.



PERRY MERIDIAN HIGH

BREAKFAST MENU

FALL 2023 SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Week Menu	WG Waffle	Tony's Breakfast Pizza Bagel	Zee Zee's Soft Baked Bar	Pillsbury Mini Cinni	WG Donut Holes in a Cup
	Cereal (2 oz)	Cereal (2 oz)	Cereal (2 oz)	Cereal (2 oz)	Cereal (2 oz)
	WG Pop Tart (2 ct)	WG Pop Tart (2 ct)	WG Pop Tart (2 ct)	WG Pop Tart (2 ct)	WG Pop Tart (2 ct)
	WG = whole grain	Fruit, Juice, & Low Fat/Skim Milk offered daily		Students must take a fruit to be considered a reimbursable meal	



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