

PERRY MERIDIAN HIGH LUNCH MENU FALL 2023 SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
	Line 1	Calzone with Marinara Sauce Pasta Bar with	Cheese or Pepperoni Pizza Slice	Calzone with Marinara Sauce Chicken or Vegetarian Fried Rice Bowl with	Pillsbury Italian Cheesy Pull-Aparts with Marinara Sauce Asian-Inspired	Chicken and Cheese Quesadilla Regular Chicken				
Week 1	Line 2	Meat Sauce or Alfredo with WG Dinner Roll	Nachos Grande with Tostitos	Vegetable Egg Roll and Sweet and Sour Sauce	Beef Noodle Bowl	Sandwich on WG Bun				
	Line 3	BBQ Pulled Pork Sandwich on WG Bun	Bean & Cheese Burrito	Boneless Chicken Wings with Choice of Sauce	Hamburger or Cheeseburger on WG Bun	Chicken Nuggets and Mac 'n Cheese with WG Dinner Roll				
	Line 4		(both entrees have the option of a side of Spanish Rice)	and WG Dinner Roll						
	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				
		Turkey and Cheese Sub	Ham and Cheese Sub	Deli Wrap	Pasta Salad	Yogurt with Cheese Stick and Muffin				
	Veggies	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Corn and Black Bean Blend	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Seasoned Potatoes Asian Vegetable Blend	Fresh Veggie Tray with Dip Mixed Vegetables				
	Line 1	Calzone with Marinara Sauce Pasta Bar with Meat Sauce or Alfredo	Cheese or Pepperoni Pizza Slice	Calzone with Marinara Sauce Chicken or Vegetarian Fried Rice Bowl with Vegetable Egg Roll	Pillsbury Italian Cheesy Pull-Aparts with Marinara Sauce Asian-Inspired Beef Noodle Bowl	Chicken and Cheese Quesadilla Regular Chicken				
	Line 2	with WG Dinner Roll	Nachos Grande with Tostitos	and Sweet Chili Sauce		Sandwich on WG Bun				
Week 2	Line 3	Chili Cheese Dog	Bean & Cheese Burrito	Boneless Chicken Wings with Choice of Sauce	Hamburger or Cheeseburger on WG Bun	Spicy Chicken				
	Line 4		(both entrees have the option of a side of Spanish Rice)	and WG Dinner Roll		Tender Wrap				
	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				
		Turkey and Cheese Sub	Ham and Cheese Sub	Deli Wrap	Pasta Salad	Yogurt with Cheese Stick and Muffin				
	Veggies	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Corn and Black Bean Blend	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Seasoned Potatoes Asian Vegetable Blend	Fresh Veggie Tray with Dip Mixed Vegetables				

WG = Fruit and Low Fat/ whole grain

Skim Milk offered daily

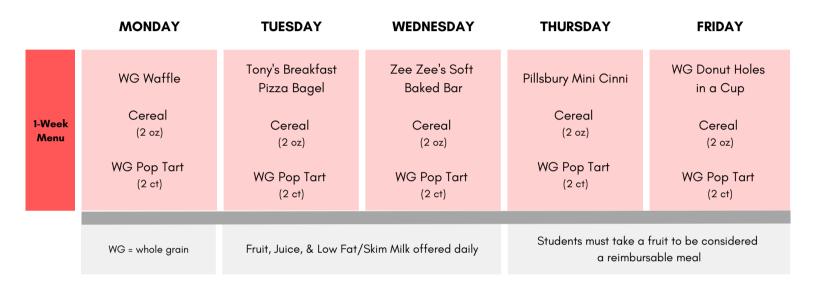
Additional entrée option of PBJ Uncrustable (5.3 oz) offered each day Students must take a fruit or vegetable to be considered a reimbursable meal

AUG 2023			SEPT 2023				OCT 2023				NOV 2023					DEC 2023								
Μ	т	w	Т	F	Μ	Т	w	Т	F	м	Т	w	т	F	Μ	т	w	т	F	м	Т	w	Т	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

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



PERRY MERIDIAN HIGH BREAKFAST MENU FALL 2023 SEMESTER





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