



PERRY MERIDIAN HIGH LUNCH MENU FALL 2023 SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Line 1	Calzone with Marinara Sauce Chicken or Vegetarian Fried Rice Bowl with Vegetable Egg Roll and Sweet and Sour Sauce	Cheese or Pepperoni Pizza Slice	Calzone with Marinara Sauce Pasta Bar with Meat Sauce or Alfredo with WG Dinner Roll	Pillsbury Italian Cheesy Pull-Aparts with Marinara Sauce Asian-Inspired Beef Noodle Bowl	Chicken and Cheese Quesadilla Regular Chicken Sandwich on WG Bun
	Line 2		Nachos Grande with Tostitos			
	Line 3	Boneless Chicken Wings with Choice of Sauce and WG Dinner Roll	Bean & Cheese Burrito	BBQ Pulled Pork Sandwich on WG Bun	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)			
	Line 5	Yogurt Parfait with Grahams Deli Wrap	Taco Salad with Tostitos Ham and Cheese Sub	Garden Salad with WG Dinner Rolls Turkey and Cheese Sub	Chef Salad with WG Dinner Roll Pasta Salad	Mediterranean Chicken Salad with Pita Bread Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Corn and Black Bean Blend	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Seasoned Potatoes Asian Vegetable Blend	Fresh Veggie Tray with Dip Mixed Vegetables
Week 2	Line 1	Calzone with Marinara Sauce Chicken or Vegetarian Fried Rice Bowl with Vegetable Egg Roll and Sweet Chili Sauce	Cheese or Pepperoni Pizza Slice	Calzone with Marinara Sauce Pasta Bar with Meat Sauce or Alfredo with WG Dinner Roll	Pillsbury Italian Cheesy Pull-Aparts with Marinara Sauce Asian-Inspired Beef Noodle Bowl	Chicken and Cheese Quesadilla Regular Chicken Sandwich on WG Bun
	Line 2		Nachos Grande with Tostitos			
	Line 3	Boneless Chicken Wings with Choice of Sauce and WG Dinner Roll	Bean & Cheese Burrito	Chili Cheese Dog	Hamburger or Cheeseburger on WG Bun	Spicy Chicken Tender Wrap
	Line 4		(both entrees have the option of a side of Spanish Rice)			
	Line 5	Yogurt Parfait with Grahams Deli Wrap	Taco Salad with Tostitos Ham and Cheese Sub	Garden Salad with WG Dinner Rolls Turkey and Cheese Sub	Chef Salad with WG Dinner Roll Pasta Salad	Mediterranean Chicken Salad with Pita Bread Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Corn and Black Bean Blend	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Seasoned Potatoes Asian Vegetable Blend	Fresh Veggie Tray with Dip Mixed Vegetables

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
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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	



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	



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