



Perry Township uses USDA Nutrition Standards for School Meals. The menu is based on specific food components following the MYPlate pattern. For lunch, students will be offered 2 1/2 cups of fruit per week, 3 3/4 cups of a variety of vegetables per week, and 8-12 oz. of grain and 8- 10 oz. of protein per week. Low fat and skim milk will also be offered daily. Lunch menus are planned to contain 550-650 calories. Using the color codes on MyPlate, students' trays must include a FRUIT or VEGETABLE. You must have at least 3 colors to make a meal and may have up to all 5 colors.



STUDENTS MUST SELECT A FRUIT OR VEGETABLE AND UP TO THREE OTHER ITEMS TO BE CONSIDERED A MEAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	BREAKFAST WG Pop Tarts LUNCH Fried Chicken Salad w/ WG Roll Chicken Smackers w/WG Roll PBJ Uncrustable Mashed Potatoes w/ Gravy 100% Juice Milk	BREAKFAST WG Cereal LUNCH Taco Salad w/Tortilla Chips Buffalo Chicken Ripper PBJ Uncrustable Green Beans Fresh Fruit Milk	BREAKFAST WG Breakfast Bar LUNCH Garden Salad w/Breadsticks Ravioli w/Meat Sauce & Breadstick PBJ Uncrustable Fresh Veggies w/dip Milk	BREAKFAST Cinnamon Pancakes LUNCH Firecracker Salad w/Chow Mein Noodles Pizza PBJ Uncrustable Broccoli Fresh Fruit Milk	BREAKFAST Sausage Biscuit LUNCH Chef Salad w/WG Roll Nachos Grande w/Tostitos PBJ Uncrustable Corn Refried Beans Fruit Milk
	BREAKFAST Honey Bun LUNCH Fried Chicken Salad w/ WG Roll Mini Corn Dogs PBJ Uncrustable Baked Beans 100% Juice Milk	BREAKFAST Ultimate Breakfast Rounds LUNCH Taco Salad w/Tortilla Chips Grilled Chicken Sandwich PBJ Uncrustable Green Beans Fresh Fruit Milk	BREAKFAST Pancake & Sausage on a Stick LUNCH Garden Salad w/WG Roll Chicken Tenders w/WG Roll PBJ Uncrustable Scalloped Potatoes Fresh veggies w/dip Fruit Milk	BREAKFAST Mini Waffles LUNCH Firecracker Salad w/Chow Mein Noodles Soft Taco PBJ Uncrustable Broccoli Fresh Fruit Milk	BREAKFAST Frudel LUNCH Chef Salad w/WG Roll Hamburger/Cheeseburger PBJ Uncrustable Potato Smiles Fruit Milk
WEEK 2	BREAKFAST Yogurt w/Grahams LUNCH Fried Chicken Salad w/WG Roll Pizza Rippers PBJ Uncrustable Broccoli 100% Juice Milk	BREAKFAST Egg & Cheese on WG English Muffin LUNCH Taco Salad w/Tortilla Chips Chicken Patty Sandwich PBJ Uncrustable Curly Fries Fresh Fruit Milk	BREAKFAST Mini Cinnis LUNCH Garden Salad w/WG Roll Loaded Cheeseburger PBJ Uncrustable Baked Beans Fresh veggies w/dip Fruit Milk	BREAKFAST WG Muffin LUNCH Firecracker Salad w/Chow Mein Noodles Mozzarella Sticks w/Marinara PBJ Uncrustable Green Beans Fresh Fruit Milk	BREAKFAST Mini Pancakes LUNCH Chef Salad w/WG Biscuit Brunch for Lunch Colby Cheese Omelet Biscuit PBJ Uncrustable Seasoned Potatoes 100% Juice Milk
	BREAKFAST Yogurt w/Grahams LUNCH Fried Chicken Salad w/WG Roll Pizza Rippers PBJ Uncrustable Broccoli 100% Juice Milk	BREAKFAST Egg & Cheese on WG English Muffin LUNCH Taco Salad w/Tortilla Chips Chicken Patty Sandwich PBJ Uncrustable Curly Fries Fresh Fruit Milk	BREAKFAST Mini Cinnis LUNCH Garden Salad w/WG Roll Loaded Cheeseburger PBJ Uncrustable Baked Beans Fresh veggies w/dip Fruit Milk	BREAKFAST WG Muffin LUNCH Firecracker Salad w/Chow Mein Noodles Mozzarella Sticks w/Marinara PBJ Uncrustable Green Beans Fresh Fruit Milk	BREAKFAST Mini Pancakes LUNCH Chef Salad w/WG Biscuit Brunch for Lunch Colby Cheese Omelet Biscuit PBJ Uncrustable Seasoned Potatoes 100% Juice Milk

	January 2018							February 2018							March 2018							April 2018							May 2018							
Cycle	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5	6					1	2	3						1	2	3		1	2	3	4	5	6	7							
	7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	
	14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	
	21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	
28	29	30	31				25	26	27	28				25	26	27	28	29	30	31	29	30						27	28	29	30	31				

Menus subject to change

For nutritional analysis, visit the district website www.perryschools.org
 This institution is an equal opportunity provider.