



MSD 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.

FRUIT ● VEGETABLE ● GRAIN ● PROTEIN ● DAIRY ●



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 Cereal/WG Pop Tarts LUNCH Taco Salad w/Tostitos Chicken Smackers w/WG Roll PBJ Uncrustable Mashed Potatoes w/ Gravy 100% Juice Milk	BREAKFAST Chicken Waffle LUNCH Fried Chicken Salad w/WG Roll Ham & Cheese Ripper PBJ Uncrustable Green Beans Fresh Fruit Milk	BREAKFAST WG Breakfast Bar LUNCH Yogurt Parfait w/ Fruit, Granola & Grahams Spaghetti/Ravioli w/Meat Sauce & Breadstick PBJ Uncrustable Fresh Veggies w/dip Fruit Milk	BREAKFAST Cinnamon Pancakes LUNCH Southwest Salad w/Breadsticks Pizza PBJ Uncrustable Broccoli Fresh Fruit Milk	BREAKFAST Sausage Biscuit LUNCH Garden Salad w/Tostitos Nachos Grande w/Tostitos PBJ Uncrustable Corn Refried Beans Fruit Milk
WEEK 2	BREAKFAST Honey Bun LUNCH Chicken Taco Salad w/ Baked Scoops Hot Dog/Mini Corn Dogs PBJ Uncrustable Baked Beans 100% Juice Milk	BREAKFAST Ultimate Breakfast Rounds LUNCH Yogurt Parfait w/Fruit, Granola & Grahams Grilled Chicken Sandwich PBJ Uncrustable Green Beans Fresh Fruit Milk	BREAKFAST Pancake & Sausage on a Stick LUNCH Cheese & Fruit Plate w/Pretzel 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 Oriental Rice Bowl/Soft Taco PBJ Uncrustable Broccoli Fresh Fruit Milk	BREAKFAST WG Donut Holes LUNCH Garden Salad w/WG Roll Hamburger/Cheeseburger PBJ Uncrustable Potato Smiles Fruit Milk
WEEK 3	BREAKFAST Yogurt w/Grahams LUNCH Country Chicken Apple Salad w/WG Roll Pizza Rippers PBJ Uncrustable Broccoli 100% Juice Milk	BREAKFAST Bacon, Egg, & Cheese Breakfast Pizza LUNCH Yogurt Parfait w/Fruit, Granola & Grahams Chicken Patty Sandwich PBJ Uncrustable Curly Fries Fresh Fruit Milk	BREAKFAST Mini Cinnis LUNCH Italian Salad w/Breadsticks Loaded Cheeseburger PBJ Uncrustable Baked Beans Fresh veggies w/dip Fruit Milk	BREAKFAST WG Muffin LUNCH Taco Salad w/Tortilla Chips Mozzarella Sticks w/Marinara PBJ Uncrustable Green Beans Fresh Fruit Milk	BREAKFAST Mini Pancakes/Mini French Toast LUNCH Garden Salad w/WG Biscuit Brunch for Lunch Colby Cheese Omelet Biscuit PBJ Uncrustable Seasoned Potatoes 100% Juice Milk

	July -Aug 2017							Sept 2017							Oct. 2017							Nov 2017							Dec2017													
	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							
Cycle	July 30	July 31	Aug 1	2	3	4	5	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
	6	7	8	9	10	11	12	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	13	14	15	16	17	18	19	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	24	25	26	27	28	29	30	24	25	26	27	28	29	30
	20	21	22	23	24	25	26	24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			31													

Menus subject to change



Meal Prices: Breakfast 1.50 Lunch 2.60 Prepayment Online Available

6/17

For menus, nutritional analysis, and account payments and balances, visit the district website www.perryschools.org

This institution is an equal opportunity provider.