

# RISE Fall 2022 Menu

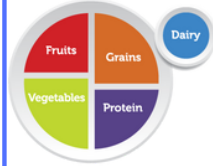
**Perry Township Schools follows the  
USDA Nutrition Standards for  
School Meals**

-Low fat/skim milk offered daily  
-Lunches = 550-650 calories  
-Must take fruit or vegetable

Students are offered a balance of **dark green, red/orange, starchy, beans/legumes and other vegetables** each week.

WG= Whole Grain

For menus, nutritional analysis, account payments, and balances, visit [perryschools.org](http://perryschools.org)



Students are offered weekly at lunch:

At least 2.5 c. fruit

At least 3.75 c. vegetables

8-12 oz. grain

8-10 oz. protein

## MONDAY

Chicken Smacker with  
WG Dinner Roll  
Pepperoni Pizza  
Munchable  
PBJ Uncrustable  
Mashed Potatoes  
Fruit/Fresh Fruit  
Milk

## TUESDAY

Beef Nachos with  
Tortilla Chips  
Yogurt with Cheese Stick  
& Muffin  
PBJ Uncrustable  
Corn or Refried Beans  
with Cheese  
Fruit/Fresh Fruit  
Milk

## WEDNESDAY

Spaghetti with  
WG Dinner Roll  
Garden Salad with  
WG Dinner Roll  
PBJ Uncrustable  
Baby Carrots with Dip  
Fruit/Fresh Fruit  
Milk

## THURSDAY

Hamburger/  
Cheeseburger on WG Bun  
Taco Salad with  
Tortilla Chips  
PBJ Uncrustable  
Potato Smiles  
Fruit/Fresh Fruit  
Milk

## FRIDAY

Pizza Pull-Aparts  
Hot 'n Spicy Chicken  
Salad with  
WG Dinner Roll  
PBJ Uncrustable  
Steamed Broccoli  
Fruit/Fresh Fruit/Juice  
Milk

## MONDAY

Chicken Patty on  
WG Bun  
Pepperoni Pizza  
Munchable  
PBJ Uncrustable  
Cooked Carrots  
Fruit/Fresh Fruit  
Milk

## TUESDAY

Bosco Sticks with  
Marinara Sauce  
Yogurt with Cheese Stick  
& Muffin  
PBJ Uncrustable  
Green Beans  
Fruit/Fresh Fruit  
Milk

## WEDNESDAY

Hot Dog on WG Bun  
Garden Salad with  
WG Dinner Roll  
PBJ Uncrustable  
Baked Beans  
Fruit/Fresh Fruit  
Milk

## THURSDAY

Cheese Omelet  
with Cinnamon Roll  
Taco Salad with  
WG Dinner Roll  
Tortilla Chips  
PBJ Uncrustable  
Seasoned Potatoes  
Fruit/Fresh Fruit  
Milk

## FRIDAY

Pizza Slice  
Hot 'n Spicy Chicken  
Salad with  
WG Dinner Roll  
PBJ Uncrustable  
Steamed Broccoli  
Fruit/Fresh Fruit/Juice  
Milk

## MONDAY

Chicken Tenders with  
WG Dinner Roll  
Pepperoni Pizza  
Munchable  
PBJ Uncrustable  
Baked Beans  
Fruit/Fresh Fruit  
Milk

## TUESDAY

Pillsbury Italian Cheesy  
Pull-Apart with Marinara  
Yogurt with Cheese Stick  
& Muffin  
PBJ Uncrustable  
Baby Carrots with Dip  
Fruit/Fresh Fruit  
Milk

## WEDNESDAY

Orange Chicken Rice  
Bowl with WG Dinner Roll  
Garden Salad with  
WG Dinner Roll  
PBJ Uncrustable  
Steamed Broccoli  
Fruit/Fresh Fruit  
Milk

## THURSDAY

French Toast Sticks  
with Sausage Patties  
Taco Salad with  
Tortilla Chips  
PBJ Uncrustable  
Seasoned Potatoes  
Fruit/Fresh Fruit  
Milk

## FRIDAY

Personal Pan Pizza  
Hot 'n Spicy Chicken  
Salad with  
WG Dinner Roll  
PBJ Uncrustable  
Green Beans  
Fruit/Fresh Fruit/Juice  
Milk

## TWO WEEK BREAKFAST MENU

### WEEK 1

Zee Zee's Soft  
Baked Bar  
Cereal  
Fresh Fruit  
Juice  
Milk

### WEEK 1

Cinnamon Toast  
Crunch Bread  
Cereal  
Fresh Fruit  
Juice  
Milk

### WEEK 1

Albie's Sausage, Egg &  
Cheese Breakfast  
Pocket with Salsa  
Fresh Fruit  
Juice  
Milk

### WEEK 1

Otis Spunkmeyer  
WG Muffin  
Cereal  
Fresh Fruit  
Juice  
Milk

### WEEK 1

Pillsbury Mini Cinni  
Cereal  
Fresh Fruit  
Juice  
Milk

### WEEK 2

WG Pop Tart  
Cereal  
Fresh Fruit  
Juice  
Milk

### WEEK 2

Sausage Pancake  
on a Stick  
Cereal  
Fresh Fruit  
Juice  
Milk

### WEEK 2

Tony's Breakfast  
Pizza Bagel  
Cereal  
Fresh Fruit  
Juice  
Milk

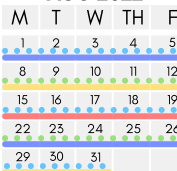
### WEEK 2

UBR or Nature Valley  
Breakfast Round  
Cereal  
Fresh Fruit  
Juice  
Milk

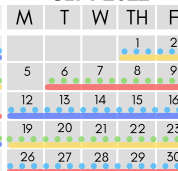
### WEEK 2

WG Snack'n Waffle  
Cereal  
Fresh Fruit  
Juice  
Milk

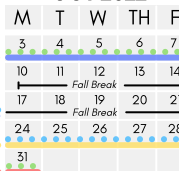
## AUG 2022



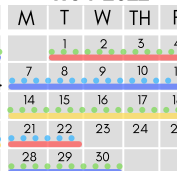
## SEPT 2022



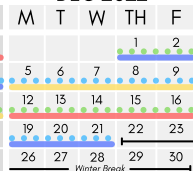
## OCT 2022



## NOV 2022



## DEC 2022



July 27-29 will start on Week 1  
Lunch & Breakfast

••• breakfast    — lunch

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