

# RISE Fall 2021 Menu

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

Students are offered weekly:

- 5 1/2 c. fruit
- 5 3/4 c. vegetables
- 8-12 oz. grain
- 8-10 oz. protein

-Low fat/skim milk offered daily

-Lunches = 550-650calories

-Must take fruit or vegetable

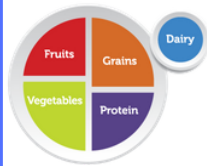
**Breakfast:** \$1.50

**Lunch:** \$2.60

Prepayment Available Online

Menus subject to change

Menus, nutritional analysis



## MONDAY

Chicken Smackers  
w/ Dinner Roll  
Garden Salad  
w/ Dinner Rolls  
PBJ Uncrustable  
Mashed Potatoes  
Fruit/Fresh Fruit  
Milk

## TUESDAY

Walking Taco w/ Toppings  
Yogurt Cheese Stick/  
Muffin  
PBJ Uncrustable  
Corn or Refried Beans  
w/ Cheese  
Fruit/Fresh Fruit  
Milk

## WEDNESDAY

French Toast Sticks w/  
Eggstravaganza  
Hot n Spicy Chicken  
Salad w/ Dinner Roll  
PBJ Uncrustable  
Cooked Carrots  
Fruit/Fresh Fruit  
Milk

## THURSDAY

Hamburger/  
Cheeseburger  
Taco Salad w/  
Tortilla Chips  
PBJ Uncrustable  
Potato Smiles  
Fruit/Fresh Fruit  
Milk

## FRIDAY

Pizza Pull-Aparts  
Popcorn Chicken Salad  
w/ Dinner Roll  
PBJ Uncrustable  
Broccoli w/ Cheese  
Fruit/Fresh Fruit/Juice  
Milk

Bosco Sticks w/  
Marinara  
Garden Salad  
w/ Dinner Rolls  
PBJ Uncrustable  
California Blend  
Fruit/Fresh Fruit  
Milk

Chicken Burrito Bowl  
Yogurt/Cheese Stick/  
Muffin  
PBJ Uncrustable  
Corn or Refried Beans  
w/ Cheese  
Fruit/Fresh Fruit  
Milk

Spaghetti w/ Breadstick  
Hot n Spicy Chicken  
Salad w/ Dinner Roll  
PBJ Uncrustable  
Green Beans  
Fruit/Fresh Fruit  
Milk

Orange Chicken Rice  
Bowl w/ Dinner Roll  
Taco Salad w/  
Tortilla Chips  
PBJ Uncrustable  
Broccoli  
Fruit/Fresh Fruit  
Milk

Pizza Slice  
Popcorn Chicken Salad  
w/ Dinner Roll  
PBJ Uncrustable  
Cooked Carrots  
Fruit/Fresh Fruit/Juice  
Milk

Chicken Patty Sandwich  
Garden Salad  
w/ Dinner Rolls  
PBJ Uncrustable  
Broccoli w/ Cheese  
Fruit/Fresh Fruit  
Milk

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

Mini Corn Dogs  
Hot n Spicy Chicken  
Salad w/ Dinner Roll  
PBJ Uncrustable  
Cooked Carrots  
Fruit/Fresh Fruit  
Milk

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

4x6 Pizza  
Popcorn Chicken Salad  
w/ Dinner Roll  
PBJ Uncrustable  
Green Beans  
Fruit/Fresh Fruit/Juice  
Milk

## TWO WEEK BREAKFAST MENU

Cereal Bar  
Fresh Fruit  
Juice  
Milk

Breakfast Pizza  
Bagel  
Fresh Fruit  
Juice  
Milk

Confetti Pancakes  
Fresh Fruit  
Juice  
Milk

WG Muffin  
Fresh Fruit  
Juice  
Milk

Mini Donuts  
Fresh Fruit  
Juice  
Milk

WG Pop Tart  
Fresh Fruit  
Juice  
Milk

J&J Bar  
Fresh Fruit  
Juice  
Milk

Mini Cinni  
Fresh Fruit  
Juice  
Milk

WG Breakfast Bar  
Fresh Fruit  
Juice  
Milk

UBR Bar  
Fresh Fruit  
Juice  
Milk

### AUG 2021

M	T	W	TH	F
2	3	4	5	6
9	10	11	12	15
16	17	18	19	20
23	24	25	26	27
30	31			

### SEPT 2021

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

### OCT 2021

M	T	W	TH	F
				1
4	5	6	7	8
11	12	15	14	15
18	19	20	21	22
25	26	27	28	29

### NOV 2021

M	T	W	TH	F
	1	2	3	4
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

### DEC 2021

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Aug. 26-30 will start on Week 1 Lunch & Breakfast



This institution is an equal opportunity provider.