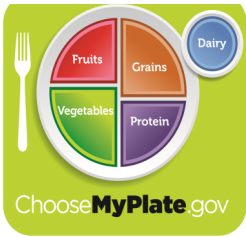


RISE Winter 2021 Menu



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 5 1/2 cups of fruit per week, 5 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. Students' trays must include a FRUIT or VEGETABLE

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		Chicken Smackers w/ Dinner Roll Garden Salad w/ Dinner Rolls PBJ Uncrustable Mashed Potatoes w/ Gravy Fruit/Fresh Fruit	Walking Taco w/ Toppings Yogurt/Cheese Stick/Muffin PBJ Uncrustable Corn Fruit/Fresh Fruit Milk	French Toast Sticks w/ Eggstravaganza Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Cooked Carrots Fruit/Fresh Fruit	Hamburger/ Cheeseburger Taco Salad w/ Tortilla Chips PBJ Uncrustable Green Beans Fruit/Fresh Fruit	Pizza Pull-Aparts Popcorn Chicken Salad w/ Dinner Roll PBJ Uncrustable Broccoli Fruit/Fresh Fruit/Juice
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2		Honey BBQ Rib Sandwich Garden Salad w/ Dinner Rolls PBJ Uncrustable Tater Tots Fruit/Fresh Fruit	Chicken & Cheese Quesadilla Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Corn Fruit/Fresh Fruit Milk	Spaghetti w/Breadstick Hot n Spicy Chicken Salad w/ Breadstick 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
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3		Chicken Patty Sandwich Garden Salad w/ Breadsticks PBJ Uncrustable Baked Beans Fruit/Fresh Fruit Milk	Beef Nachos w/ Tortilla Chips Yogurt/Cheese Stick/ Muffin PBJ Uncrustable Cooked Carrots Fruit/Fresh Fruit Milk	Mini Corn Dogs Hot n Spicy Chicken Salad w/ Dinner Roll PBJ Uncrustable Green Beans 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 Broccoli Fruit/Fresh Fruit/Juice Milk
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Two Week Breakfast Menu

WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal/ Cereak Bar Fresh Fruit Juice Milk	Breakfast Pizza Bagel Fresh Fruit Juice Milk	WG Muffin Fresh Fruit Juice Milk	Confetti Pancakes Fresh Fruit Juice Milk	Mini Donuts Fresh Fruit Juice Milk
WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Pop Tart Fresh Fruit Juice Milk	Sausage Pancake Stick Fresh Fruit Juice Milk	WG Breakfast Bar Fresh Fruit Juice Milk	Mini Cinni Fresh Fruit Juice Milk	J&J Bar Fresh Fruit Juice Milk

January 2021							February 2021							March 2021							April 2021							May 2021						
Lunch Cycle							Lunch Cycle							Lunch Cycle							Lunch Cycle							Lunch 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		1	2	3	4	5	6		1	2	3	4	5	6		1	2	3	4	5	6		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10	9	10	11	12	13	14	15
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17	16	17	18	19	20	21	22
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24	23	24	25	26	27	28	29
24	25	26	27	28	29	30	28							28	29	30	31				25	26	27	28	29	30	1	30	31					
31																																		

Meal Prices: Breakfast \$1.50 Lunch \$2.60 Prepayment Online Available

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Menus subject to change.

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

This institution is an equal opportunity provider.