

RISE Spring 2022 Menu

Perry Township Schools follows the USDA Nutrition Standards for School Meal

Students are offered weekly at lunch:

At least 2.5 c. fruit

At least 3.75 c. vegetables

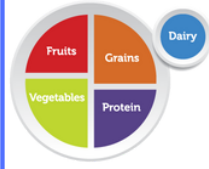
8-12 oz. grain

8-10 oz. protein

-Low fat/skim milk offered daily

-Lunches = 550-650calories

-Must take fruit or vegetable



Meals are FREE for the 2021-2022 school year

For menus, nutritional analysis, account payments, and balances, visit perryschools.org

MONDAY

Chicken Smackers w/ Dinner Roll
Pepperoni Pizza Munchable
PBJ Uncrustable
Mashed Potatoes
Fruit/Fresh Fruit
Milk

TUESDAY

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

WEDNESDAY

Sausage Egg and Cheese on Biscuit
Taco Salad w/ Tortilla Chips
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

THURSDAY

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

FRIDAY

Pizza Pull-Aparts
Soft Pretzel w/ Cheese
PBJ Uncrustable
Broccoli
Fruit/Fresh Fruit/Juice
Milk

MONDAY

Bosco Sticks w/ Marinara
Pizza Munchable
PBJ Uncrustable
Corn
Fruit/Fresh Fruit
Milk

TUESDAY

Pork Tenderloin on WG Bun
Yogurt Cheese Stick/ Muffin
PBJ Uncrustable
Baked Beans
Fruit/Fresh Fruit
Milk

WEDNESDAY

Spaghetti w/ Breadstick
Taco Salad w/ Tortilla Chips
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit
Milk

THURSDAY

Orange Chicken Rice Bowl w/ Dinner Roll
Hot n Spicy Chicken Salad w/ Dinner Roll
PBJ Uncrustable
Broccoli
Fruit/Fresh Fruit
Milk

Pizza Slice
Soft Pretzel w/ Cheese
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit/Juice
Milk

MONDAY

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

TUESDAY

Grilled Cheese Sandwich
Yogurt/Cheese Stick/ Muffin
PBJ Uncrustable
Broccoli
Fruit/Fresh Fruit
Milk

WEDNESDAY

Hot Dog on WG Bun
Taco Salad w/ Tortilla Chips
PBJ Uncrustable
Cooked Carrots
Fruit/Fresh Fruit
Milk

THURSDAY

Cheese Omelet w/ Cinnamon Roll
Hot n Spicy Chicken Salad w/ Dinner Roll
PBJ Uncrustable
Seasoned Potatoes
Fruit/Fresh Fruit
Milk

4x6 Pizza
Soft Pretzel w/ Cheese
PBJ Uncrustable
Green Beans
Fruit/Fresh Fruit/Juice
Milk

TWO WEEK BREAKFAST MENU

Blueberry Lemon Bar
Fresh Fruit
Juice
Milk

UBR Bar
Fresh Fruit
Juice
Milk

Donut Holes
Fresh Fruit
Juice
Milk

WG Muffin
Fresh Fruit
Juice
Milk

Sausage Egg & Cheese Breakfast Pocket
Fresh Fruit
Juice
Milk

WG Pop Tart
Fresh Fruit
Juice
Milk

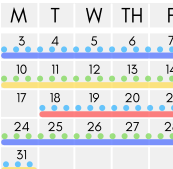
Sausage Pancake on a Stick
Fresh Fruit
Juice
Milk

WG Muffin
Fresh Fruit
Juice
Milk

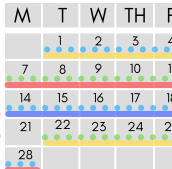
Cinnamon Toast
Crunch Bread
Fresh Fruit
Juice
Milk

WG Waffle
Fresh Fruit
Juice
Milk

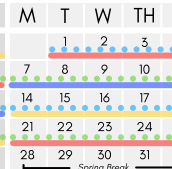
JAN 2022



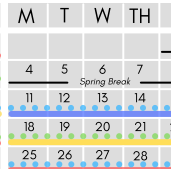
FEB 2022



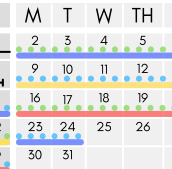
MAR 2022



APR 2022



MAY 2022



••• breakfast — lunch

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