

# RISE Winter 2023 Quarter 4 Menu

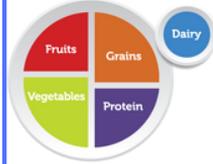
**Perry Township Schools follows the  
USDA Nutrition Standards for  
School Meals**

-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  
Cooked Carrots  
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

## WEEK 1

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

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

Mini Corn Dogs  
Garden Salad with  
WG Dinner Roll  
PBJ Uncrustable  
Baked Beans  
Fruit/Fresh Fruit  
Milk

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

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

Chicken Tenders with  
WG Dinner Roll  
Pepperoni Pizza  
Munchable  
PBJ Uncrustable  
Cooked Carrots  
Fruit/Fresh Fruit  
Milk

BBQ Rib on WG Bun  
Yogurt with Cheese  
Stick & Muffin  
PBJ Uncrustable  
Baked Beans  
Fruit/Fresh Fruit  
Milk

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

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

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

## WEEK 2

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

Cinnamon Toast  
Crunch Bread  
Cereal  
Fresh Fruit  
Juice  
Milk

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

Otis Spunkmeyer  
WG Muffin  
Cereal  
Fresh Fruit  
Juice  
Milk

Pillsbury Mini Cinni  
Cereal  
Fresh Fruit  
Juice  
Milk

WG Pop Tart  
Cereal  
Fresh Fruit  
Juice  
Milk

Donut Holes  
Cereal  
Fresh Fruit  
Juice  
Milk

Tony's Breakfast  
Pizza Bagel  
Cereal  
Fresh Fruit  
Juice  
Milk

UBR or Nature Valley  
Breakfast Round  
Cereal  
Fresh Fruit  
Juice  
Milk

WG Snack'n Waffle  
Cereal  
Fresh Fruit  
Juice  
Milk

## TWO WEEK BREAKFAST MENU

### JAN 2023

M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

### FEB 2023

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			

### MAR 2023

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

### APR 2023

M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

### MAY 2023

M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

••• breakfast — lunch

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