



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 2 1/2 cups of fruit per week, 3 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. Using the color codes on MyPlate, students' trays must include a FRUIT or VEGETABLE. You must have at least 3 colors to make a meal and may have up to all 5 colors.

- FRUIT ●
- VEGETABLE ●
- GRAIN ●
- PROTEIN ●
- DAIRY ●



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	BREAKFAST WG Pop Tart LUNCH Loaded Cheeseburger or PBJ Uncrustable ●●●●● Curly Fries ●●●●● 100% Juice ●●●●● Milk	BREAKFAST Blueberry Waffle LUNCH ●●●●● Chicken Smackers w/WG Roll or PBJ Uncrustable ●●●●● Mashed Potatoes w/ Gravy ●●●●● Fresh Fruit ●●●●● Milk	BREAKFAST Mini Cinnis LUNCH ●●●●● Yogurt Parfait w/ Fruit, Granola & Grahams or PBJ Uncrustable ●●●●● Fresh Veggies w/Dip ●●●●● Fruit ●●●●● Milk	BREAKFAST Cinnamon Pancakes LUNCH ●●●●● Chicken Patty Sandwich or PBJ Uncrustable ●●●●● Broccoli ●●●●● Fresh Fruit ●●●●● Milk	BREAKFAST WG Breakfast Bar LUNCH ●●●●● Nachos Grande w/Tostitos or PBJ Uncrustable ●●●●● Refried Beans ●●●●● Fruit ●●●●● Milk
WEEK 2	BREAKFAST Honey Bun LUNCH ●●●●● Mini Hot Dog w/Mac & Cheese or PBJ Uncrustable ●●●●● Baked Beans ●●●●● 100% Juice ●●●●● Milk	BREAKFAST Sausage Biscuit LUNCH ●●●●● "Go Fish" Basket or PBJ Uncrustable ●●●●● Corn ●●●●● Fresh Fruit ●●●●● Milk	BREAKFAST Ultimate Breakfast Rounds LUNCH ●●●●● Pizza or PBJ Uncrustable ●●●●● Green Beans ●●●●● Fresh veggies w/Dip/Carrots ●●●●● Fruit ●●●●● Milk	BREAKFAST Mini French Toast LUNCH ●●●●● Chicken Tenders w/WG Roll or PBJ Uncrustable ●●●●● Broccoli ●●●●● Fresh Fruit ●●●●● Milk	BREAKFAST Warm Banana Bread LUNCH ●●●●● Brunch for Lunch or Chicken Patty & Waffle or PBJ Uncrustable ●●●●● Seasoned Potatoes ●●●●● 100% Juice ●●●●● Milk
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	BREAKFAST Mini Pancakes LUNCH ●●●●● Pizza Rippers or PBJ Uncrustable ●●●●● Corn ●●●●● 100% Juice ●●●●● Milk	BREAKFAST WG Muffin LUNCH ●●●●● Mini Corn Dogs or PBJ Uncrustable ●●●●● Broccoli ●●●●● Fresh Fruit ●●●●● Milk	BREAKFAST Pancake & Sausage on a Stick LUNCH ●●●●● Cheese & Fruit Plate w/Pretzel or PBJ Uncrustable ●●●●● Peas ●●●●● Fresh Veggies w/Dip ●●●●● Fruit ●●●●● Milk	BREAKFAST French Toast Bites LUNCH ●●●●● Soft Taco or PBJ Uncrustable ●●●●● Green Beans ●●●●● Fresh Fruit ●●●●● Milk	BREAKFAST Confetti Pancakes LUNCH ●●●●● Hamburger/ Cheeseburger or PBJ Uncrustable ●●●●● Potato Smiles ●●●●● Fruit ●●●●● Milk

	July -Aug 2018							Sept 2018							Oct 2018							Nov 2018							Dec 2018											
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					
				25	26	27	28	2	3	4	5	6	7	8	1	2	3	4	5	6							4	5	6	7	8	9	10	9	10	11	12	13	14	15
29	30	31	Aug 1	2	3	4		9	10	11	12	13	14	15	7	8	9	10	11	12	13						4	5	6	7	8	9	10	9	10	11	12	13	14	15
5	6	7	8	9	10	11		16	17	18	19	20	21	22	14	15	16	17	18	19	20						11	12	13	14	15	16	17	16	17	18	19	20	21	22
12	13	14	15	16	17	18		23	24	25	26	27	28	29	21	22	23	24	25	26	27						18	19	20	21	22	23	24	23	24	25	26	27	28	29
19	20	21	22	23	24	25		30							28	29	30	31									25	26	27	28	29	30	1	30	31					
26	27	28	29	30	31	1																					26	27	28	29	30	1								

Menus subject to change



Meal Prices: Breakfast 1.50 Lunch 2.60 Prepayment Online Available

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

This institution is an equal opportunity provider.