



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 Tarts LUNCH ●●● Taco Salad w/ Tostitos ●● Loaded Cheeseburger ●●● PBJ Uncrustable ●●● Curly Fries ●●● 100% Juice ●● Milk	BREAKFAST Blueberry Waffle LUNCH ●●● Yogurt Parfait w/ Fruit, Granola & Grahams ●●● Chicken Smackers w/WG Roll ●●● PBJ Uncrustable ●● Mashed Potatoes w/ Gravy ●● Fresh Fruit ●● Milk	BREAKFAST Mini Cinnis LUNCH ●●● Fried Chicken Salad w/WG Roll ●●● Pizza Crunchers ●●● PBJ Uncrustable ●● Fresh Veggies w/Dip ●● Fruit ●● Milk	BREAKFAST Cinnamon Pancakes LUNCH ●●● Southwest Salad w/Breadsticks ●●● Chicka Boom Boom Sandwich ●●● PBJ Uncrustable ●● Broccoli ●● Fresh Fruit ●● Milk	BREAKFAST WG Breakfast Bar LUNCH ●●● Garden Salad w/Tostitos ●●● Nachos Grande w/Tostitos ●●● PBJ Uncrustable ●● Corn ●● Refried Beans ●● Fruit ●● Milk
	BREAKFAST Honey Bun LUNCH ●●● Chicken Taco Salad w/Baked Scoops ●●● Mini Hot Dog w/Mac & Cheese ●●● PBJ Uncrustable ●● Baked Beans ●●● 100% Juice ●● Milk	BREAKFAST Sausage Biscuit LUNCH ●●● Yogurt Parfait w/ Fruit, Granola & Grahams ●●● "Go Fish" Basket ●●● PBJ Uncrustable ●● Au Gratin Potatoes ●● Fresh Fruit ●● Milk	BREAKFAST Ultimate Breakfast Rounds LUNCH ●●● Italian Salad w/ Breadsticks ●●● Pizza ●●● PBJ Uncrustable ●● Green Beans ●● Fresh Veggies w/Dip/Carrots ●● Fruit ●● Milk	BREAKFAST Mini French Toast LUNCH ●●● Firecracker Salad w/Chow Mein Noodles ●●● Chicken Tenders w/WG Roll ●●● PBJ Uncrustable ●● Broccoli ●● Fresh Fruit ●● Milk	BREAKFAST Warm Banana Bread LUNCH ●●● Garden Salad w/WG Waffle ●●● Brunch for Lunch ●●● Chicken Patty & Waffle ●●● PBJ Uncrustable ●● Seasoned Potatoes ●●● 100% Juice ●● Milk
WEEK 2	BREAKFAST Cereal LUNCH ●●● Country Chicken ●●● Apple Salad w/WG Roll ●●● Pizza Rippers ●●● PBJ Uncrustable ●● Corn ●●● 100% Juice ●● Milk	BREAKFAST WG Muffin LUNCH ●●● Yogurt Parfait w/Fruit, Granola & Grahams ●●● Ravioli/Spaghetti w/Breadstick ●●● PBJ Uncrustable ●● Broccoli ●● Fresh Fruit ●● Milk	BREAKFAST Pancake & Sausage on a stick LUNCH ●●● Cheese & Fruit Plate w/Pretzel ●●● Chicken Patty Sandwich ●●● PBJ Uncrustable ●● Baked Beans/Peas ●● Fresh Veggies w/Dip ●● Fruit ●● Milk	BREAKFAST French Toast Bites LUNCH ●●● Taco Salad w/Tostitos ●●● Smokehouse BBQ ●●● Bacon Sandwich ●●● PBJ Uncrustable ●● Green Beans ●● Fresh Fruit ●● Milk	BREAKFAST Confetti Pancakes LUNCH ●●● Garden Salad w/WG Roll ●●● Hamburger/ Cheeseburger on WG Bun ●●● PBJ Uncrustable ●● Potato Smiles ●● Fruit ●● Milk
	BREAKFAST Cereal LUNCH ●●● Country Chicken ●●● Apple Salad w/WG Roll ●●● Pizza Rippers ●●● PBJ Uncrustable ●● Corn ●●● 100% Juice ●● Milk	BREAKFAST WG Muffin LUNCH ●●● Yogurt Parfait w/Fruit, Granola & Grahams ●●● Ravioli/Spaghetti w/Breadstick ●●● PBJ Uncrustable ●● Broccoli ●● Fresh Fruit ●● Milk	BREAKFAST Pancake & Sausage on a stick LUNCH ●●● Cheese & Fruit Plate w/Pretzel ●●● Chicken Patty Sandwich ●●● PBJ Uncrustable ●● Baked Beans/Peas ●● Fresh Veggies w/Dip ●● Fruit ●● Milk	BREAKFAST French Toast Bites LUNCH ●●● Taco Salad w/Tostitos ●●● Smokehouse BBQ ●●● Bacon Sandwich ●●● PBJ Uncrustable ●● Green Beans ●● Fresh Fruit ●● Milk	BREAKFAST Confetti Pancakes LUNCH ●●● Garden Salad w/WG Roll ●●● Hamburger/ Cheeseburger on WG Bun ●●● 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		
				July	26	27	28	2	3	4	5	6	7	8	1	2	3	4	5	6	1	2	3	4	5	6	7	8	9	10	2	3	4	5	6	7	8
29	30	31	Aug	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																															

Meal Prices: Breakfast 1.50 Lunch 2.60 Prepayment Online Available

7/18

Menus subject to change



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

This institution is an equal opportunity provider.