



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 Fried Chicken Salad w/ WG Roll Loaded Cheeseburger PBJ Uncrustable Curly Fries 100% Juice Milk	BREAKFAST <i>Sausage Biscuit</i> 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 Taco Salad w/Tostitos Pizza Crunchers PBJ Uncrustable Baby Carrots w/Dip Fruit Milk	BREAKFAST <i>Confetti Pancakes</i> LUNCH Southwest Salad w/Breadsticks <i>Sloppy Joes</i> 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 <i>Mini Cinnamon Bagels</i> LUNCH Yogurt Parfait w/Fruit, Granola & Grahams <i>Chili w/ Grilled Cheese</i> PBJ Uncrustable Baby Carrots w/Dip Fresh Fruit Milk	BREAKFAST <i>WG Muffin</i> LUNCH Italian Salad w/Breadsticks Pizza PBJ Uncrustable Green Beans Fruit Milk	BREAKFAST <i>Berries & Cream Sticks</i> LUNCH Firecracker Salad w/Chow Mein Noodles Chicken Tenders w/Hush Puppies PBJ Uncrustable Broccoli Fresh Fruit Milk	BREAKFAST <i>Ultimate Breakfast Rounds</i> LUNCH Garden Salad w/WG Biscuit Brunch for Lunch <i>Eggs, Sausage Patty, & Biscuit</i> PBJ Uncrustable Seasoned Potatoes 100% Juice Milk
WEEK 2	BREAKFAST Cereal LUNCH Country Chicken Apple Salad w/WG Roll Pizza Rippers PBJ Uncrustable Broccoli 100% Juice Milk	BREAKFAST WG Muffin LUNCH Yogurt Parfait w/Fruit, Granola & Grahams Ravioli/Spaghetti w/ Breadstick PBJ Uncrustable Baby Carrots w/Dip Fresh Fruit Milk	BREAKFAST Pancake & Sausage on a stick LUNCH Cheese & Fruit Plate w/Pretzel Chicken Patty Sandwich PBJ Uncrustable Baked Beans Fruit Milk	BREAKFAST Mini French Toast LUNCH Garden Salad w/WG Roll Hamburger/Cheeseburger on WG Bun PBJ Uncrustable Potato Smiles Fresh Fruit Milk	BREAKFAST <i>Cinnamon Pancakes</i> LUNCH Taco Salad w/Tostitos Smokehouse BBQ Bacon Sandwich PBJ Uncrustable Green Beans Fruit Milk
	BREAKFAST Cereal LUNCH Country Chicken Apple Salad w/WG Roll Pizza Rippers PBJ Uncrustable Broccoli 100% Juice Milk	BREAKFAST WG Muffin LUNCH Yogurt Parfait w/Fruit, Granola & Grahams Ravioli/Spaghetti w/ Breadstick PBJ Uncrustable Baby Carrots w/Dip Fresh Fruit Milk	BREAKFAST Pancake & Sausage on a stick LUNCH Cheese & Fruit Plate w/Pretzel Chicken Patty Sandwich PBJ Uncrustable Baked Beans Fruit Milk	BREAKFAST Mini French Toast LUNCH Garden Salad w/WG Roll Hamburger/Cheeseburger on WG Bun PBJ Uncrustable Potato Smiles Fresh Fruit Milk	BREAKFAST <i>Cinnamon Pancakes</i> LUNCH Taco Salad w/Tostitos Smokehouse BBQ Bacon Sandwich PBJ Uncrustable Green Beans Fruit Milk

	Jan 2019							Feb 2019							Mar 2019							Apr 2019							May 2019								
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		
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	6	7	8	9	10	11	12	13	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13	14	5	6	7	8	9	10	11	
	13	14	15	16	17	18	19	20	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20	21	12	13	14	15	16	17	18
	20	21	22	23	24	25	26	27	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31				24	25	26	27	28			24	25	26	27	28	29	30	28	29	30						26	27	28	29	30	31		

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.