

# September 2019

# PERRY ELEMENTARY

## LUNCH



**CHEF SALAD OFFERED DAILY AS A LUNCH ALTERNATIVE**

Lunch - \$2.35/Reduced - \$.40  
This institution is an equal opportunity provider



**Nutrition Tip:** With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

French Toast w/  
Sausage & Biscuit  
Or  
Turkey Wrap  
Hash Browns  
Baby Carrots  
Fruit  
Milk

Pizza Hut  
Or  
Sub Sandwich  
Romaine Salad  
Fresh Veggies w/Hummus  
Fruit  
Milk

Chicken Tenders  
Or  
BBQ Pork Sandwich  
Buttered Macaroni  
Corn on Cob  
Fruit  
Milk

Pizza Calzone  
Or  
Bosco Cheese Stick  
Spiral Fries  
Marinara Sauce  
Fruit  
Milk



Chicken Patty Sandwich  
Or  
BBQ Rib Sandwich  
Tomato Slice/Lettuce  
French Fries  
Baked Beans  
Fruit  
Milk

Pizza  
Or  
Sub Sandwich  
Romaine Salad  
Celery Sticks  
Fruit  
Milk

Chicken Nuggets  
Or  
Turkey & Gravy w/Roll  
Mashed Potatoes w/Gravy  
Sweet Potato Casserole  
Fruit  
Milk

Spaghetti w/Meatballs  
Or  
Chicken Alfredo  
Garlic Toast  
Romaine Salad  
Steamed Broccoli  
Fruit  
Milk

Hamburger Sandwich  
Or  
Stromboli  
Smile Fries  
Lettuce/Tomato Slice  
Fruit  
Milk

Waffles w/Sausage  
Or  
Chicken Drumstick w/Roll  
Tater Tots  
Green Beans  
Fruit  
Milk

Pizza Hut  
Or  
Sub Sandwich  
Romaine Salad  
Baby Carrots  
Fruit  
Milk

Chicken Fries  
Or  
Turkey & Gravy w/Roll  
Mashed Potatoes w/Gravy  
Corn  
Fruit  
Milk

Nachos & Cheese  
Or  
Soft Beef Taco  
Cookie  
Refried Beans  
Diced Tomato/Lettuce/Sala  
Fruit  
Milk

Teriyaki Chicken w/Breadstick  
Or  
BBQ Chicken Flatbread Pizza  
Rice  
Romaine Salad  
Fruit  
Milk

Panther Burger  
Or  
Hot Dog Sandwich  
French Fries  
Slice Tomato/Lettuce  
Fruit  
Milk

