

# September 2019

# PERRY HIGH SCHOOL

## LUNCH



**SALAD BAR, YOGURT PARFAIT, PB&J POCKETS, OFFERED DAILY AS A LUNCH ALTERNATIVE**

Lunch - \$2.60/Reduced - \$.40



**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

9  
Pizza  
Or  
Sub Sandwich  
Cheddar Pop Corn  
Romaine Salad  
Fresh Veggies w/Hummus  
Fruit Milk

10  
Teriyaki Chicken  
Or  
Sweet & Sour Chicken  
Fried Rice  
Vegetable Egg Roll  
Steamed Broccoli  
Fruit Milk

11  
Chicken Tenders  
Or  
BBQ Pork Sandwich  
Buttered Macaroni  
Corn  
Baby Carrots  
Fruit Milk

5  
Pizza  
Or  
Sub Sandwich  
Sun Chips  
Romaine Salad  
Cucumber Slices w/Dip  
Fruit Milk

6  
Chicken Smackers  
With Dutch Waffle  
Or  
Sloppy Joe Sandwich  
French Fries  
Sweet Potato Casserole  
Fruit Milk



16  
Pizza Hut Pizza  
Or  
Sub Sandwich  
Baked Lays  
Romaine Salad  
Baby Carrots  
Fruit Milk

17  
BUILD YOUR OWN BURRITO  
Taco Meat or Chicken Fajita  
Fruit Milk

18  
Chicken Nuggets  
Or  
Turkey & Gravy w/Roll  
Mashed Potatoes w/Gravy  
Glazed Carrots  
Fruit Milk

19  
Stromboli  
Or  
BBQ Rib Sandwich  
French Fries  
Celery Sticks  
Fruit Milk

20  
Spaghetti w/Meatballs  
Or  
Chicken Alfredo  
Garlic Toast  
Romaine Salad  
Green Beans  
Fruit Milk

23  
Dominos Pizza  
Or  
Sub Sandwich  
RF Doritos  
Romaine Salad  
Cherry Tomatoes  
Fruit Milk

24  
General Tso Chicken  
w/Breadstick  
Or  
Chicken Chipotle Flatbread  
Romaine Salad  
Steamed Broccoli  
Fruit Milk

25  
Chicken Nuggets  
Or  
Turkey & Gravy w/Roll  
Mashed Potatoes w/Gravy  
Corn  
Baby Carrots  
Fruit Milk

26  
Fiestada Pizza  
Or  
Chicken Patty Sandwich  
Sliced Tomato/Lettuce  
Baked Beans  
Deli Roasters  
Fruit Mik

27  
POTATO BAR  
Baked Potato or French Fry  
Top w/ Cheese, bacon, chili  
Apple Pocket  
Salad  
Fruit Milk

30  
Pizza Hut Pizza  
Or  
Sub Sandwich  
Sun Chips  
Romaine Salad  
Celery Sticks  
Fruit Milk



Menu subject to change  
  
This institution is an equal opportunity provider

