

# August 2020

# PERRY HIGH SCHOOL

## LUNCH

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

Alternate Lunch Daily – PB Pockets, Chef Salad, Sub Sandwich

This institution is an equal opportunity provider  
Menu Subject to Change



**Nutrition Tip:** August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



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French Bread Pizza  
Kettle Chips  
Romaine Salad  
Marinara Sauce  
Fruit  
Milk

Cheese Steakburger  
French Fries  
Lettuce/Tomato Slice  
Fruit  
Milk

Pizza  
Baked Lays  
Romaine Salad  
Cucumber Slices  
Fruit  
Milk

24

Walking Taco  
Refried Beans  
Salsa  
Fruit  
Milk

25

Chicken Smackers  
Dutch Waffle  
Glazed Carrots  
Veggie Juice  
Fruit  
Milk

26

Sweet & Sour Chicken  
Rice  
Egg Roll  
Steamed Broccoli  
Fruit  
Milk

27

Chicken Patty Sandwich  
French Fries  
Lettuce/Sliced Tomato  
Fruit  
Milk

28

Dominos Pizza  
Fritos  
Romaine Salad  
Baby Carrots  
Fruit  
Milk

31

