

September 2020

PERRY ELEMENTARY

LUNCH



Lunch - \$2.35/Reduced - \$.40

This institution is an equal opportunity provider
Menu Subject to Change



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

Breaded Mozzarella Sticks
Marinara Sauce
French Fries
Fruit
Milk
Altn. Lunch: Turkey Munchable

Tuesday

Pizza 1
Romaine Salad
Baby Carrots
Fruit
Milk
Altn. Lunch: Turkey Munchable

Wednesday

Chicken Nuggets 2
Mashed Potatoes
Corn
Fruit Milk
Altn. Lunch: Turkey Munchable

Thursday

Lasagna Roll Up 3
Breadstick
Romaine Salad
Steamed Broccoli
Fruit Milk
Altn. Lunch: Turkey Munchable

Friday

Hot Dog Sandwich 4
Starz Fries
Baked Beans
Fruit
Milk
Altn. Lunch: Turkey Munchable



Pizza Hut 8
Romaine Salad
Celery/Carrot Sticks
Fruit
Milk
Alternate Lunch: Yogurt Parfait

Chicken Sticks 9
Roll
Smile Fries
Fresh Broccoli
Fruit Milk
Alternate Lunch: Yogurt Parfait

Nachos & Cheese 10
w/Taco Meat
Refried Beans
Salsa
Fruit Milk
Alternate Lunch: Yogurt Parfait

Stromboli 11
Marinara Sauce
French Fries
Fruit
Milk
Alternate Lunch: Yogurt Parfait

Cheese Quesadilla 14
French Fries
Romaine Salad
Fruit
Milk
Alternate Lunch: Sub Sandwich

Pizza 15
Romaine Salad
Baby Carrots
Fruit
Milk
Alternate Lunch: Sub Sandwich

Chicken Nuggets 16
Mashed Potatoes w/gravy
Corn
Fruit
Milk
Alternate Lunch: Sub Sandwich

Soft Pretzel w/Cheesesauce
Smile Fries
Romaine Salad
Fruit
Milk
Alternate Lunch: Sub Sandwich

Panther Burger 18
French Fries
Lettuce/Tomato Slice
Baked Beans
Fruit
Milk
Alternate Lunch: Sub Sandwich

French Toast 21
w/Sausage & Biscuit
Tater Tots
Baby Carrots
Fruit Milk
Alternate Lunch: Chef Salad

Pizza Hut 22
Romaine Salad
Celery Sticks
Fruit
Milk
Alternate Lunch: Chef Salad

Chicken Sticks 23
Buttered Macaroni
Steamed Broccoli
Fruit
Milk
Alternate Lunch: Chef Salad

Walking Taco 24
Refried Beans
Lettuce/Tomato
Fruit
Milk
Alternate Lunch: Chef Salad

Chicken Patty Sandwich 25
French Fries
Lettuce/Sliced Tomato
Fruit
Milk
Alternate Lunch: Chef Salad

Breaded Mozz. Sticks 28
Marinara Sauce
French Fries
Fruit
Milk
Altn. Lunch: Turkey Munchable

Pizza 29
Romaine Salad
Baby Carrots
Fruit
Milk
Altn. Lunch: Turkey Munchable

Chicken Nuggets 30
Mashed Potatoes
Corn
Fruit Milk
Altn. Lunch: Turkey Munchable

