

September 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: 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

Breaded Mozzarella Sticks **1**
Marinara Sauce
French Fries
Fruit
Milk

Chicken Nuggets **2**
Roll
Mashed Potatoes
Corn
Fruit
Milk

Lasagna Roll Up **3**
Breadstick
Romaine Salad
Steamed Broccoli
Fruit
Milk

Hot Dog Sandwich **4**
Starz Fries
Baked Beans
Fruit
Milk



Pizza **8**
RF Doritos
Romaine Salad
Baby Carrots
Fruit
Milk

Chicken Tenders **9**
Roll
Smile Fries
Fresh Broccoli
Fruit
Milk

Chicken Fajita **10**
Mexican Rice
Refried Beans
Lettuce/tomato
Fruit
Milk

Stromboli **11**
Marinara Sauce
French Fries
Fruit
Milk

Pizza Hut Pizza **14**
Sun Chips
Romaine Salad
Celery Sticks
Fruit
Milk

Cheese Quesadilla **15**
French Fries
Romaine Salad
Fruit
Milk

Chicken Nuggets **16**
Roll
Mashed Potatoes
Sweet Potato Casserole
Fruit
Milk

Soft Pretzelw/Cheesesauce **17**
Tomato Soup
Cheese Stick
Baby Carrots
Fruit
Milk

Cheese Steakburger **18**
French Fries
Lettuce/Tomato Slice
Baked Beans
Fruit
Milk

Dominos Pizza **21**
Baked Lays
Romaine Salad
Celery/Carrot Sticks
Fruit
Milk

General Tso Chicken **22**
Rice
Breadstick
Steamed Broccoli
Fruit
Milk

Chicken Smackers **23**
Buttered Macaroni
Baby Carrots
Veggie Juice
Fruit
Milk

Walking Taco **24**
Refried Beans
Salsa
Fruit
Milk

Chicken Patty Sandwich **25**
French Fries
Lettuce/Sliced Tomato
Fruit
Milk

Pizza **28**
RF Doritos
Romaine Salad
Baby Carrots
Fruit
Milk

Breaded Mozz. Sticks **29**
Marinara Sauce
French Fries
Fruit
Milk

Chicken Nuggets **30**
Roll
Mashed Potatoes
Corn
Fruit
Milk

