

# January 2021

# PERRY ELEMENTARY

## LUNCH

All students eligible for free lunch due to nationwide waiver.

This institution is an equal opportunity provider  
Menu Subject to Change



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### Monday



Chicken Patty Sandwich  
French Fries  
Lettuce/Tomato Slice  
Fruit  
Milk  
Alt. Lunch: Sub Sandwich

4

### Tuesday



Pizza  
Romaine Salad  
Celery Sticks  
Fruit  
Milk  
Alt. Lunch: Sub Sandwich

5

### Wednesday



Chicken Tenders  
Goldfish Pretzels  
Romaine Salad  
Green Beans  
Fruit                      Milk  
Alt. Lunch: Sub Sandwich

6

### Thursday



Walking Taco  
Refried Beans  
Lettuce/Tomato  
Cookie  
Fruit                      Milk  
Alt. Lunch: Sub Sandwich

7

### Friday



1

French Toast  
w/sausage & Biscuit  
Tater Tots  
Baby Carrots  
Fruit                      Milk  
Alt. Lunch: Sub Sandwich

8

Bosco Cheese Stick  
Marinara Sauce  
French Fries  
Fruit  
Milk  
Alt. Lunch: Turkey Munchable

11

Pizza Hut  
Romaine Salad  
Baby Carrots  
Fruit  
Milk  
Alt. Lunch: Turkey Munchable

12

Chicken Nuggets  
Mashed Potatoes w/gravy  
Corn  
Fruit  
Milk  
Alt. Lunch: Turkey Munchable

13

Hot Dog Sandwich  
French Fries  
Baked Beans  
Fruit  
Milk  
Alt. Lunch: Turkey Munchable

14

Grilled Cheese Sandwich  
Tomato Soup  
Tater Tots  
Fruit  
Milk  
Alt. Lunch: Turkey Munchable

15



Martin Luther King, Jr. Day

18

Pizza  
Romaine Salad  
Baby Carrots  
Fruit  
Milk  
Alt. Lunch: Yogurt Parfait

19

Chicken Sticks  
Smile Potatoes  
Roll  
Broccoli  
Fruit                      Milk  
Alt. Lunch: Yogurt Parfait

20

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

21

Mini Corn Dogs  
French Fries  
Mixed Fresh Veggies  
Fruit  
Milk  
Alt. Lunch: Yogurt Parfait

22

Panther Burger  
French Fries  
Lettuce/Tomato Slice  
Baked Beans  
Fruit                      Milk  
Alt. Lunch: EZ Jammers Wowbutter

25

Pizza Hut  
Romaine Salad  
Pepper Sticks  
Fruit  
Milk  
Alt. Lunch: EZ Jammers Wowbutter

26

Chicken Nuggets  
Mashed Potatoes w/Gravy  
Corn  
Fruit  
Milk  
Alt. Lunch: EZ Jammers Wowbutter

27

Soft Pretzel  
w/cheesesauce  
Tomato Soup  
Baby Carrots  
Fruit                      Milk  
Alt. Lunch: EZ Jammers Wowbutter

28

Pizza Crunchers  
French Fries  
Romaine Salad  
Fruit  
Milk  
Alt. Lunch: EZ Jammers Wowbutter

29