

# Perry County Schools

Lunch K-8

Page 1

Aug 11, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1  Italian Rotini Casserole Seasoned Cabbage Whole Wheat Roll Lima Beans Assorted Gelatins Chilled Peaches Fresh Strawberries Whole Wheat Garlic T Chocolate Milk Strawberry Milk Fat Free Milk
Sep - 4	Sep - 5  Meatloaf Baby Carrots w/ Dressi Seasoned Lima Beans Mashed Potatoes with Cheese Mandarin Fruit Cup Fresh Apples Whole Wheat Roll Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 6  Steak Fingers Steamed Rice Brown Gravy Yam Patties Southern Turnip Green Fresh Grapes Fresh Melon Cubes Cornbread Chocolate Milk Chocolate Milk Strawberry Milk	Sep - 7  Seasoned Baked Chic Mashed Potatoes Brown Gravy Steamed Cabbage Blushing Chilled Pears Apple Slices in a Bag Whole Wheat Roll Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 8  Chili Cheese over Chip Seasoned Lima Beans Green Beans Fresh Apples Chilled Peach Slices Graham Crackers Chocolate Milk Fat Free Milk Strawberry Milk
Sep - 11  Stuffed Crust Pizza Tossed Salad w/ Dress Whole Kernel Corn Fresh Oranges Fresh Grapes Assorted Gelatins with Whipped Topping Chocolate Milk Fat Free Milk Strawberry Milk Vanilla Fat Free Milk	Sep - 12  Cheesy Chicken Over/ Green Peas Carrot/Celery/Cucumb w/Dressing Whole Kernel Corn Fresh Melon Cubes Fruit Cocktail Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 13  Bacon Cheeseburger Baby Carrots w/ Dressi Seasoned Lima Beans California Veggies Mandarin Fruit Cup Fresh Apples Chocolate Milk Fat Free Milk Strawberry Milk Mayonnaise Mustard Ketchup	Sep - 14  Red Beans and Rice with Sausage Corn on the Cob Cheesy Broccoli Fresh Melon Cubes Fresh Plums Cornbread Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 15  John Wayne Casserole Celery Sticks with Dip Yeast Roll Steamed Cabbage Blushing Chilled Pears Apple Slices in a Bag Ketchup Chocolate Milk Fat Free Milk Strawberry Milk
Sep - 18  Cheeseburger Tater Tots Celery Sticks with Dip Mandarin Fruit Cup Fresh Bananas Mayonnaise Mustard Ketchup Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 19  Spaghetti & Meat Sauc Whole Kernel Corn Spinach Salad Tangerines Assorted Fruit Juices Whole Wheat Garlic T Assorted Gelatins with Whipped Topping Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 20  Ranch Parmesan Past Chicken Criss Cut Sweet Potato Seasoned Lima Beans Fresh Apples Chilled Peach Slices Whole Wheat Garlic T Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 21  Buffalo Hot Wings Chicken Nuggets Macaroni and Cheese Baked Beans Tossed Salad w/ Dress Fresh Oranges Fresh Grapes Whole Wheat Garlic T Chocolate Milk Fat Free Milk Strawberry Milk	Sep - 22  Pigs in a Blanket Spicy Fries Baby Carrots w/ Dressi Fruit Cocktail Fresh Bananas Mayonnaise Mustard Ketchup Chocolate Milk Fat Free Milk Strawberry Milk

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Perry County Schools

Lunch K-8

Aug 11, 2023

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29
Beef Taco with Crispy Shell Green Peas Broccoli Salad Pineapple Tidbits Blushing Chilled Pears Assorted Puddings Chocolate Milk Fat Free Milk Strawberry Milk Mayonnaise Mustard	Chicken and Dumpling Black-Eyed Peas Baby Carrots w/ Dressi Steamed Broccoli Spe Green Peas Fresh Apples Fresh Melon Cubes Assorted Fruit Juices Southern Mud Whole Grain Biscuit Chocolate Milk Fat Free Milk Strawberry Milk	Grilled Chicken Sandwi Tuna Salad with Crack Seasoned Potato Wed Baked Beans Baby Carrots w/ Dressi Chilled Peach Slices Sliced Strawberries Blushing Chilled Pears Saltine Crackers Assorted Puddings Ketchup Mayonnaise Mustard Chocolate Milk Fat Free Milk Strawberry Milk	Cheesy Burger Bake Cheesy Broccoli Seasoned Lima Beans Fresh Melon Cubes Fresh Plums Strawberry Gelatin Mayonnaise Mustard Chocolate Milk Fat Free Milk Strawberry Milk	Chicken Nuggets Mashed Potatoes with Cheese Southern Green Beans Carrot, Pepper Strips, and Broccoli Steamed Cabbage Blushing Chilled Pears Apple Slices in a Bag Whole Wheat Roll Ketchup Chocolate Milk Strawberry Milk Low Fat Milk

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.