

High School Middle School

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
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Cafeteria Phone Numbers
 Middle School 643-6310
 High School 643-6027

Cafeteria Services Coordinator
 643-6026

Parents-Check account balances and prepay for meals on line...
 1-Go to www.perucsd.org
 2-Click on Cafeteria services
 3-Click on – mynutrikids.com Logo.
 4-Click on "sign-up-here" bubble
 5-if you have any questions call 643-6026

Breakfast Menu	1 Day 3	2 Day 4	3 Day 5	4 Day 6	5 Day 1
Milk & Fruit Or Fruit Juice Available Daily Monday & Friday Breakfast Pizza or Cereal Tuesday & Thursday Ham & Cheese On English Muffin or Cereal Wednesday Breakfast Parfait (Yogurt, Berries & Granola) or Cereal Breakfast Served 7:15 AM – 9:30 AM Breakfast Prices Students: \$1.25 Reduced: \$.25 Adult: \$2.00	Grilled Cheese Sandwich On Wheat Bread Tomato Pasta Soup Steamed Peas Chilled Applesauce	Michigan Or Hot Dog On Wheat Roll Potato Rounds Oven Baked Beans Chilled Pineapple	Double Hard or Soft Shell Taco w/Meat & Refried Beans Lettuce/Tomato/ Cheese Salsa, Hot Sauce Steamed Corn Brown Rice	Turkey & Cheese Sub Lettuce/Tomato/Onion Mayo & Mustard Pasta Salad Blueberry Crunch	Stuffed Crust Pizza Pepperoni Or Cheese Carrot Sticks Ranch Dressing Strawberry Cup
	8 Day 2 Chicken Nuggets Dipping Sauce Oriental Rice Steamed Peas & Carrots Chilled Peaches	9 Day 3 Spaghetti & Meat Sauce Or Marinara Mozzarella Cheese Sticks Steamed Green Beans Chilled Pears	10 Day 4 Nachos-Tortilla Chips Meat & Cheese Sauce Refried Beans/Scallions Salsa/Olives/Sour Cream Brown Rice & Corn Chilled Apricots	11 Day 5 Pizza Pepperoni or Cheese Garden Salad Dressing Cherry Blossom Jello	12 Day 6 Ham & Cheese Sub Melt Lettuce & Tomato Turkey Noodle Soup Potato Rounds Apple Slices
	15 Day 1 Chicken Tenders Dipping Sauce Seasoned Noodles Steamed Broccoli Orange Half	16 Day 2 ***New*** Chicken Cordon Bleu Breaded Chicken Patty Sliced Ham & Cheese Wheat Roll Steamed Peas Apple	17 Day 3 Deluxe Hamburger Wheat Roll Cheese & Pickles Lettuce & Tomato Oven Baked Fries Fresh Fruit	18 Day 4 Staff Development Early Dismissal K – 12 HS/MS- 4-7:30 PM Elem 3:30-7 PM	19 No School Superintendent's Conference Day HS/MS- 7:30-10:30 AM Elem- 8-11 AM
	22 Day 5 Popcorn Chicken Dipping Sauces Mashed Potatoes Gravy Steamed Corn Chilled Apricots	23 Day 6 Double Hard or Soft Shell Taco w/Meat & Refried Beans Lettuce/Tomato/ Cheese Salsa, Hot Sauce Steamed Corn Brown Rice Chilled Pineapple	24 Day 1 Chef Salad w/Meat & Cheese, Croutons Dressings Soft Pretzel Cheese Sauce Chilled Applesauce	25 Day 2 Stuffed Crust Pizza Pepperoni Or Cheese Steamed Green Beans Chilled Peaches	26 Day 3 Macaroni & Cheese Bread Stick Steamed Peas & Carrots Fruit Cup
	29 Day 4 Chicken Patty Sandwich Wheat Roll Lettuce & Tomato Cauliflower Blend Veggies Chilled Pears	30 Day 5 Hot Dog Wheat Roll Catsup/Mustard/Relish Pasta Salad Steamed Green Beans Steamed Mandarin Oranges	30 Day 6 Chef Salad w/ Meat & Cheese Croutons & Dressing Italian Bread Sticks Pizza Cheese Sauce Cherry Crumble		

22 Breakfasts
21 Lunches

Menu subject to change without notice

All lunches include milk

Cheese or Peanut Butter Sandwiches Available daily

Lunch Prices

Students: \$1.75

Second Lunch: \$2.25

Reduced: \$.25

Milk: \$.50

Adult: \$4.00

Breakfast Prices

Student: \$1.00
Reduced: \$.25

Adult: \$2.00

Find the Menu on the Peru Website:
www.perucsd.org
 Cafeteria Services