



# MENU

Peru Middle School/High School

SEPT  
MBER

<b>Labor Day</b> 1	<b>WELCOME</b> 2	<b>BACK!</b> 3	<b>Chx Bacon Ranch Wrap</b> 4 Broccoli Craisin Salad Roasted Butternut Squash Fruits & Veggies Milk	<b>Italian Dunker Day!</b> 5 Marinara / Buffalo Dip Tossed Salad of the Week Fruits & Veggies Milk
<b>Classic Goulash</b> 8 Roasted Broccoli Parm Garlic Dinner Roll Fruits & Veggies Milk	<b>Chicken Fajitas</b> 9 Mexican Street Corn Tortilla Chips and Salsa Fruits & Veggies Milk	<b>Michigan Sauce On a Hoagie</b> 10 Baked Beans / Apple Slaw Fruits & Veggies Milk	<b>Breakfast for Lunch!</b> 11 Pancakes / Sausage Scrambled Eggs / Homefries Fruits & Veggies Milk	<b>Pizza Day!</b> 12 Chz, Pepperoni or Special Tossed Salad of the Week Fruits & Veggies Milk
<b>Soup and Salad</b> 15 Grilled Seasoned Chicken Dinner Roll Fruits & Veggies Milk	<b>Tacos Americanos</b> 16 Black Bean Corn Salsa Spanish Rice Fruits & Veggies Milk	<b>Chicken Philly</b> 17 Seasoned Homefries Apple Slaw Fruits & Veggies Milk	<b>Burger Day!</b> 18 Cheese, Plain or Special Roasted Corn Fruits & Veggies Milk	<b>Italian Dunker Day!</b> 19 Marinara / Buffalo Dip Tossed Salad of the Week Fruits & Veggies Milk
<b>Spaghetti w/ Meatsauce</b> 22 Garlic Bread Roasted Broccoli Fruits & Veggies Milk	<b>Pulled Chicken Quesadilla</b> 23 Homemade Pico de Gallo Tortilla Chips and Salsa Fruits & Veggies Milk	<b>Korean Beef Bowls</b> 24 Vegetable Fried Rice Asian Vegetable Salad Fruits & Veggies Milk	<b>Chicken Gyro on a Pita</b> 25 Greek Style Salad Tzatziki Sauce Fruits & Veggies Milk	<b>Pizza Day!</b> 26 Chz, Pepperoni or Special Tossed Salad of the Week Fruits & Veggies Milk
<b>BBQ Pulled Chicken On a Bun</b> 29 Baked Beans / Apple Slaw Fruits & Veggies Milk	<b>Beef Nachos</b> 30 Nacho Cheese Sauce Assorted Toppings Fruits & Veggies Milk			

All students eat **FREE** at Peru CSD. A student can get three items for free even if they bring a bag lunch from home.

#### Local Vendors We are Proud to Use:

Juniper Hill Farm- Produce, Fresh Eggs  
Donahue's Livestock- Beef and Sausage  
North Country Creamery- Yogurt  
Glaziers- Milk  
Lillie Valley Farm- Beef

Peru CSD encourages all students to select a complete meal containing all FIVE food components at lunch. Students must select at least THREE food components with one of those food components being at least a ½ cup of fruit or vegetable to constitute a meal.

The cafeteria staff take pride in making all our food from scratch! From baked goods to salads to proteins, the kitchen staff work hard to serve each student a restaurant style meal every day!

