

- 2023 -
MAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Perham High School Lunch

Build Your Own Sandwich Bar with fresh fruits, veggies & toppings offered daily.

Variety of pre-made salads & Bento Boxes offered daily

Nutrition Bar with Assorted Fresh & Canned Fruits, as well as Fresh Vegetables offered daily.

To be considered a reimbursable meal, students MUST take at least 3 of the 5 food components!! One MUST be a fruit or vegetable

FOOD COMPONENTS:

- Bread/Grain
- Meat/ Meat Alternate
- Fruit
- Vegetable
- Milk

MENUS SUBJECT TO CHANGE

Question, comments or concerns, please reach out to Krystal Boyd, Food Service Director, at kboyd@perham.k12.mn.us

1 Mini Corn Dogs Tots Vegetable Fruit Milk	2 Chicken Alfredo Broccoli Breadstick Fruit Milk	3 Italian Dunker Marinara Sauce Caesar Salad Snap Peas Fruit Milk	4 BBQ Chicken On A Bun Roundabouts Baked Beans Fruit Milk	5 Waffle/Syrup Sausage Links Hashbrown Fruit Milk
8 Grilled Chicken Sandwich Smile Potatoes Coleslaw Fruit Milk	9 Pizza Crunchers Marinara Sauce Caesar Salad Vegetable Fruit Milk	10 Softshell Taco Roundabouts Vegetable Cinnamon Hummus Apple Slices Milk	11 SW Burger Waffle Fries Baked Beans Vegetable Fruit Milk	12 Chicken, Bacon, Ranch Wrap Vegetable Fruit Milk
15 BBQ Riblet On A Bun Fries Baked Beans Fruit Milk	16 Popcorn Chicken Bowl Mashed Potatoes Gravy Corn Dinner Roll Fruit Milk	17 Taco In A Bag Spanish Rice Lettuce, Salsa Fruit Milk	18 Roast Beef N Cheddar Curly Fries Vegetable Fruit Milk	19 Pizza Caesar Salad Vegetable Fruit Milk
22 COOKS CHOICE	23 COOKS CHOICE	24 COOKS CHOICE	25 COOKS CHOICE	26 COOKS CHOICE Last Day Of School for Students
29 MEMORIAL DAY	30 STAFF DEVELOPMENT DAY	31 Summer Break Begins		