

# Perris Union High School District

## 2019/2020 FALL LUNCH MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Loaded Chicken & Mashed Potato Bowl	Nacho Supreme Bowl	Carnitas Tacos	Orange Chicken	Supreme Burrito
Spicy Chicken Sandwich	Spicy Chicken Cheeseburger	Spicy Chicken Sandwich	Spicy Chicken Cheeseburger	Spicy Chicken Sandwich
Pizza, Variety	Pizza, Variety	Pizza, Variety	Pizza, Variety	Pizza, Variety
Uncrustable	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Uncrustable
Yogurt Parfait W/Fruit & Granola	Southwest Chicken Salad	Yogurt Parfait W/Fruit & Granola	Taco Salad	Yogurt Parfait W/Fruit & Granola
Turkey & Cheese Sub Sandwich	Ranch Chicken Wrap	Turkey & Cheese Sub Sandwich	Ranch Chicken Wrap	Turkey & Cheese Sub Sandwich

Peaches or Mixed Fruit	Pears	Apples	Canned or Frozen Fruit	Frozen Fruit Cups
Plums	Peaches or Mixed Fruit	Plums	Local Fruit Choice	Blueberry Yogurt Cup
Green Beans ½ cup other	Grape Tomatoes ½ cup red/orange	Cucumbers ½ cup other	Corn ½ cup starchy	Spicy Pinto Beans Refried Bean Cup ½ legume
Baby Carrots ½ cup red/orange	Broccoli ½ cup dark green	Baby Carrots ½ cup red/orange	Baby Carrots ½ cup red/orange	Baby Carrots ½ cup red/orange

Students must take a ½ cup fruit or vegetable with each lunch. Menus may vary and are subject to change. All entree products are whole grain. This institution is an equal opportunity provider and employer.

\*\*\* Cheese Sandwich Served Daily

Items \*\*\*- Gluten Free Updated 10/22/18

Burrito Arizona Gold- 405379

Bowl for Potato Chicken- ANC-4605817 Lid ANC-LH5800D Biscuit .23 cents #113615, Roll W.W 100168

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