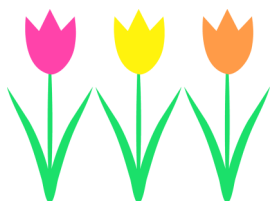


# Terra Bites Today



## Free Lunches Everyday

*at Pinacate Middle School & California Military Institute*

In addition to free breakfasts students at PMS & CMI are also able to have lunch at no charge. This is made possible through the Community Eligibility Program. Encourage your students to stop by the cafeteria and grab a nutritious and delicious lunch at no charge!

## Negative Balances

Paying off your student's negative balance is fast & easy!

- Pay online @ [www.myschoolbucks.com](http://www.myschoolbucks.com), add funds at this website too
- Send cash or check with your child to the cafeteria
- Stop by the Nutrition Services office at the District Administrative Center

Located at 155 East 4th Street, Perris CA 92570

## Free Breakfast for all Students!!!

**START YOUR MORNING RIGHT**

THE UNIVERSAL BREAKFAST PROGRAM PROVIDES BREAKFAST FOR ALL STUDENTS AT **NO CHARGE.**

#TerraBitesCafe @TerraBitesCafe



## Fill out an application for the National School Lunch

**FREE AND REDUCED MEALS**

#TerraBitesCafe @TerraBitesCafe

APPLY TODAY FOR THE NATIONAL SCHOOL LUNCH PROGRAM!

[WWW.PUHS.D.ORG/NSLP](http://WWW.PUHS.D.ORG/NSLP)

# Terra Bites Today

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## Summer Feeding

Summer is right around the corner! The Summer Feeding Program dates are listed below;

June 17-28 open

July 1-5 closed for July 4th

July 8-19 open

*Come on out to join us for a free lunch. This is a great way to keep healthy meals for your children during the summer break. Ages 0-18 years old are all eligible. Sites will be announced soon.*

## Stay Hydrated for the Summer

With the hot summer months quickly approaching be sure to keep yourself and your children well hydrated. Dehydration can happen very quickly, be sure to drink plenty of water when it is hot.

## Complete Student Meals

What makes my child's meal a complete meal?

Below are the requirements for breakfast and lunch. Terra Bites has an Offer vs. Serve menu, this allows students to have a variety of options to choose from.

### **Breakfast**

Student must choose 3 of the 4 menu items

1. Meat or meat alternate (yogurt, egg, etc.)
2. Serving of fruit or fruit juice
3. Whole grain item
4. Milk (optional)



### **Lunch**

Student must choose 3 of the 5 menu items

1. Meat or meat alternate (yogurt, chicken, beef, etc.)
2. Fruit
3. Vegetable
4. Whole grain item
5. Milk (optional)

**#TERRABITESCAFE**

