

Perris Union High School District

2018/2019 WINTER LUNCH MENU MIDDLE SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------|---|----------------------------------|-------------------------------------|---------------------------------|
| Chili Cheese Wedges w/ Corn Chips | Stuffed Cheese Stick with Marinara Sauce | Western Cheeseburger | Orange Chicken Bowl | Rib B Que Sandwich |
| Spicy Chicken Sandwich | Cheeseburger | Spicy Chicken Sandwich | Cheeseburger | Spicy Chicken Sandwich |
| Pizza, Variety | Pizza, Variety | Pizza, Variety | Pizza, Variety | Pizza, Variety |
| Uncrustable | Grilled Cheese Sandwich | Grilled Bean & Cheese Burrito | Corn Dog | Uncrustable |
| Turkey & Cheese Sub Sandwich | Yogurt Parfait W/Fruit & Granola | Turkey & Cheese Sub Sandwich | Yogurt Parfait W/Fruit & Granola | Turkey & Cheese Sub Sandwich |

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|-----------------------|------------------------|---------------------|---------------------|---------------------------------------|
| Bear Cookie | Bear Cookie | Bear Cookie | Bear Cookie | Bear Cookie |
| Frozen Fruit Cups | Pears | Apples | Dried Fruit Mix | Frozen Fruit Cups |
| Plums | Peaches or Mixed Fruit | Craisins | Local Fruit Choice | Blueberry Yogurt Cup |
| Green Beans | Grape Tomatoes | Cucumbers | Celery Sticks | Baby Carrots, Variety |
| Baby Carrots, Variety | Broccoli | Baby Carrots | Corn | Spicy Pinto Beans Refried Bean Cup |
| | Lett, Tom, & Pickle | Lett, Tom, & Pickle | Lett, Tom, & Pickle | |

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.