

# Perris Union High School District

## 2019/2020 Summer/Fall LUNCH MENU **MIDDLE SCHOOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Loaded Chicken & Mashed Potato Bowl	Nacho Supreme Bowl	Carnitas Tacos	Supreme Burrito	Orange Chicken
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
Bean & Cheese Burrito	Grilled Cheese	Bean & Cheese Burrito	Grilled Cheese	Bean & Cheese Burrito
Uncrustable	Yogurt Parfait W/Fruit & Granola	Yogurt Parfait W/Fruit & Granola	Yogurt Parfait W/Fruit & Granola	Uncrustable
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.