

Perris Union High School District 2022/2023 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tamale w/Red Sauce and Spanish Rice	Fried Chicken Drumstick w/Mashed Potatoes	Rib BBQ Sandwich	Orange Chicken Bowl w/ Fried Rice Egg Roll	Mascot Box Chicken Tenders Potato Wedges Chipotle Ranch Dipping Sauce
Spicy Chicken Sandwich	Cheeseburger	Spicy Chicken Sandwich	Corn Dog/Pretzel Dog	Spicy Chicken Sandwich
Pizza	Calzone	Pizza	Calzone	Pizza
Yogurt Parfait W/Fruit & Granola	Yogurt Parfait w/Fruit & Granola	Yogurt Parfait W/Fruit & Granola	Yogurt Parfait w/Fruit & Granola	Yogurt Parfait W/Fruit & Granola
Deli Sandwich	S.W. Chicken Salad	Deli Sandwich	Chicken Caesar Salad	Deli Sandwich
Uncrustable	Uncrustable	Uncrustable	Uncrustable	Uncrustable

Sidekicks	Nectarines	Tangerines	Pears	Sidekicks
Plums	Peaches or Mixed Fruit	Apples	Dried Craisins	Oranges
Green Veg/Carrots	Grape Tomatoes/Carrots	Cucumbers/Carrots	Green Veg/Pinto Beans	Carrots/Corn

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.