



BREAKFAST

daybreak breakfast bowl
pancake & sausage stick
chicken sausage biscuit
breakfast burrito
sunrise sandwich
honey bun • pan dulce
benefit breakfast bar
coffee cake • mini donuts
assorted cereals and muffins
hashbrowns • fruit
1% white milk
non-fat chocolate milk
100% fruit juice

**BREAKFAST IS
AVAILABLE AT
NO CHARGE
FOR ALL
STUDENTS!!!**

Perris Union High School District
is excited to introduce a new
student dining experience:



We are a team of food and
nutrition professionals
dedicated to providing students
with healthy and delicious
meals while promoting good
habits for lifelong nutrition and
fitness.

Our students are our customer
and that makes them our #1
priority. We want to keep them
healthy, strong, and ready to
learn! Please follow us on our
social media channels to learn
more about our cafe and our
goals for the 2016 - 2017 year.

   **TerraBitesCafe**
#TerraBitesCafe



FALL 2016 MENU

www.puhsdnutrition.org
WEBSITE

www.puhsd.org/nslp
APPLY TO THE NATIONAL SCHOOL
LUNCH PROGRAM TODAY!

To qualify as a reimbursable meal, students must
take a 1/2 cup of fruit and/or vegetable with each
breakfast and lunch. Menus may vary and are subject
to change. All entree products are whole grain. USDA
is an equal opportunity provider and employer.

OUR DAILY LUNCH SPECIALS*

WE USE
WHOLE
GRAIN!

hand-made chicken burrito
w/cheese, beans & rice

chicken, potato wedges
& a biscuit

meatball sandwich

macaroni & cheese
w/ chipotle

chicken tenders w/
sweet potato fries & a roll

deli wrap

turkey & cheese sub sandwich

cheeseburger

tostada bowl

orange chicken, veggies
& brown rice

spaghetti & meatballs
w/ a breadstick

wrapped puppie

ham & cheese sub sandwich

* Menu subject to change without notice

EVERYDAY FAVES

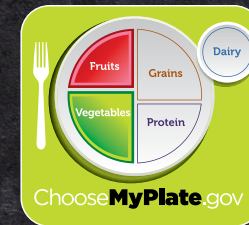
spicy chicken sandwich

pizza

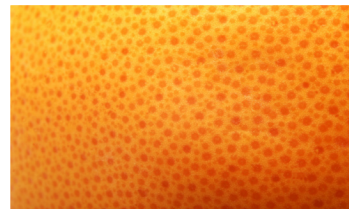
smucker's uncrustable

yogurt parfait w/ fruit & granola

vegetarian salad w/ hummus



REMEMBER:
You must have 1
serving of fruits or
vegetables with
every meal. Hooray
for healthy options!



SALADS

chef's salad w/ roll

asian chicken salad

southwest chicken salad

chicken caesar salad w/ roll

FRUITS

strawberry & melon cups

banana • apple slices

nectarines • plums

raisins • pineapple

craisins (variety)

VEGGIES

sugar snap peas • jicama

broccoli • corn

tomato and cucumber cups

cauliflower • celery sticks

baby carrots • spicy pinto beans