

## Free & Reduced Lunch Program

Eligible students receive subsidized meals, if the household income falls within the guidelines set by the USDA for the National School Lunch and Breakfast Programs.

Submit an application to your student's cafeteria or to the Nutrition Services department located at 155 E. 4th Street, Perris, CA 92570. Please contact the Perris Union High School District (PUHSD), Nutrition Services office at (951) 943-6369 ext. 80243 for more information.

Our meals meet the USDA Dietary Guidelines and "The Choose My Plate" recommendations. All meals are computer analyzed to ensure they provide healthful amounts of total calories, vitamins A & C, calcium, iron, fiber, cholesterol and saturated fat. Calories from fat on all school menus do not exceed 30%, as averaged on a weekly basis.



## Wellness Policy

The Perris Union High School District Governing Board adopted a district-wide wellness policy to ensure the nutritional integrity of all food sold and served on each campus. The Wellness policy is available on our website.

## Disclosure

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



Perris UHSD  
Nutrition Services  
155 E. 4th Street  
Perris, CA 92570  
Tel. (951) 943-6369 ext. 80243  
Fax (951) 657-5638  
[www.puhsd.org](http://www.puhsd.org)  
[stephanie.bruce@puhsd.org](mailto:stephanie.bruce@puhsd.org)

## Nutrition Services

Perris Union High School District



## School Meal Information

# Breakfast

Full Price Meal	\$1.25
Reduced Price Meal	\$0.30
Free Meal	Free



Breakfast meals are served at all Perris UHSD schools prior to the start of each school day. Students may choose from an assortment of cold entrees, hot entrees and side dishes, as well as having a choice of milk.

Daily entrees may include: Cereal, Cinnamon Roll, Muffin, Egg and Cheese Burrito, Yogurt, Bagel and Pan Dulce.

Breakfast is an important part of every student's day. Studies have shown that a well balanced breakfast gives students the energy needed to perform better in school and improve test scores.



# Lunch

Full Price Meal	\$2.50
Reduced Price Meal	\$0.40
Free Meal	Free

A complete lunch meal is served daily at each Perris UHSD school. Students may choose from a variety of entrees and side dishes that consist of fruits and vegetables. Students are also offered a choice of milks.

Daily entrees may include: Cheeseburger, Pepperoni Pizza, Burrito, Spicy Chicken Sandwich, Turkey & Cheese Sandwich, Ham & Cheese Sandwich and Fresh Salads.

Breakfast and lunch menus are available in the cafeteria, on our web site, [www.puhsd.org](http://www.puhsd.org) or at the Nutrition Services office.



## A La Carte Speed Line

A la carte or snack item sales are available on a cash basis at all locations. Prepay service is available at most snack bar locations.

## Field Trip Lunches

Field trip lunches are available upon request through the school site.

## COMPUTERIZED MEAL SERVICE

Meal accountability is required by USDA regulations. To assist us in maintaining accurate records, keypads similar to ATM pin pads are used at each school. Students enter their permanent student ID number, which is assigned by the District at enrollment. The Student ID number remains the same as long as your student remains enrolled in the District. If students do not know their Student ID number, they can obtain the number from the registrar. Each student is responsible for the protection of their Student ID number and is urged not to share it with others as they will be held responsible for any purchases on their account.

## HOW TO PREPAY FOR MEALS

Meals can be purchased in advance. A check, cash or money order may be sent with the student and taken to the cafeteria manager. You may also pay on-line at <http://www.mynutrikids.com>. A service fee is assessed to each deposit. Accounts are accessed by Student ID number at any cafeteria location serving the National School Lunch Program and most a la carte snack bar locations. Purchases can be tracked and viewed on the website per individual student account.

## WHAT IS THE METHOD FOR WRITING A CHECK?

Please make checks payable to PUHSD Nutrition Services. Be sure to clearly write your student's full name on the check. A FEE of \$10.00 will be assessed to all returned checks. Returned checks not cleared within ten days of notification will be forwarded to the District Attorney's Office for collection.