



WELLNESS LETTER

MEAL SERVICE HOURS

Meal service days and hours will change for the new school year.

Meals will consist of
7 breakfast items,
7 lunch items,
fruit, vegetables,
milk & juice.

Thursday Service

Perris High School
Heritage High School
3:00 PM - 4:30 PM

Friday Service

Perris High School
Heritage High School
Paloma Valley High School
Pinacate Middle School
7:30 AM - 9:00 AM
&
11:00 AM - 1:00 PM

PUHSD Wellness Policy

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the health and wellness advisory council that includes teachers, parents, administrators, and the district nurse.

Sharing the Message of Wellness

One of our goals is to share the message of nutrition and wellness via our department's Web site that emphasizes the importance of nutrition AND fitness. Our site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools.

Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy.

Key areas include: ■ Nutrition Education ■ Physical activity ■ Other school-based activities that are designed to promote student wellness.



The Wellness Recipe

Low-fat Pumpkin Chocolate Chip Muffins

Ingredients

- 1 1/2 cups all-purpose flour
- 1 cup oatmeal
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1/4 teaspoon salt
- 1/3 cup dark brown sugar
- 2 egg whites, slightly beaten
- 2/3 cup unsweetened almond milk
- 1 cup canned pumpkin
- 1/3 cup unsweetened all-natural applesauce
- 1/2 ripe banana, mashed
- 1/2 cup chocolate chips, plus 2 tablespoons Extra oatmeal, for sprinkling on muffins



Instructions

1. Preheat the oven to 350 degrees and line 12 muffin cups with paper cups or spray with nonstick spray. If you use muffin cups, make sure to spray the inside of the cups.
2. In a large bowl mix flour, oatmeal, pumpkin pie spice baking powder, baking soda, and salt together. In a separate bowl combine pumpkin, mashed banana, brown sugar, almond milk, egg whites and applesauce. Add the flour mixture into the pumpkin mixture and stir to combine. Gently fold in chocolate chips.
3. Fill each muffin cup 3/4 full so that each is even. Sprinkle a tiny bit of oatmeal over each top of the muffins. Place into the oven and bake for 23-28 minutes or until a toothpick inserted into center of muffins comes out clean. Muffins are best served warm. Reheat in the microwave for 20 seconds and spread with topping of your choice!