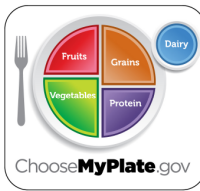




POWAY UNIFIED SCHOOL DISTRICT
SEPTEMBER 2017
 ELEMENTARY SCHOOL LUNCH MENU

For information about Poway school meals, visit:
www.powayusdnutrition.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Elementary Lunch Price \$3.00 Reduced Price Lunch..... \$0.40 Special Event Meals \$3.25 A La Carte Beverages \$0.75	School lunch includes: <ul style="list-style-type: none"> • Choice of Entrée (Protein + Whole Grains) • Self-Serve Salad Bar (Fruits + Vegetables) • Choice of Milk (1% white or fat free chocolate) 			 Meatless entrees are marked with an asterisk (*). At least two meatless options are offered every day.	1 Cheese Pizza* Pepperoni Pizza Bean & Cheese Burrito* Yogurt, Seeds, & Crackers*
4 LABOR DAY HOLIDAY	5 Haystack Macaroni & Cheese* Bean & Cheese Burrito* Yogurt and Cheez-Its*	6 Hamburger Cheese Tamale and Beans* Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	7 Orange Chicken with Rice Chicken Nuggets Entrée Salad w/ Sunfl. Seeds* Yogurt and Cheez-Its*	8 Cheese Pizza* Pepperoni Pizza Bean & Cheese Burrito* Yogurt, Seeds, & Crackers*	
11 Cheeseburger Mini Chicken Corn Dogs Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	12 Cheesy Bean Nachos* French Toast and Sausage Bean & Cheese Burrito* Yogurt and Cheez-Its*	13 Salisbury Steak w/ Noodles and Garlic Toast BBQ Chicken Sandwich Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	14 Teriyaki Chicken with Rice Chicken Nuggets Entrée Salad with Egg* Yogurt and Cheez-Its*	15 Cheese Pizza* Pepperoni Pizza Bean & Cheese Burrito* Yogurt, Seeds, & Crackers*	
18 Cheesy Breadsticks* Breaded Chicken Sandwich Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	19 Crispy Turkey Taco Homestyle Chicken Drumstick Bean & Cheese Burrito* Yogurt and Cheez-Its* ----- Treat: WG Vanilla Wafers	20 Pasta with Meat Sauce and Garlic Toast Chicken Corn Dog Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	21 Teriyaki Beef with Rice Chicken Nuggets Entrée Salad with Cheese* Yogurt and Cheez-Its*	22 Cheese Pizza* Pepperoni Pizza Bean & Cheese Burrito* Yogurt, Seeds, & Crackers*	
25 Turkey Hot Dog and Pretzels Fish Sticks and Pretzels Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	26 Haystack Macaroni & Cheese* Bean & Cheese Burrito* Yogurt and Cheez-Its*	27 Hamburger Cheese Tamale and Beans* Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	28 Orange Chicken with Rice Chicken Nuggets Entrée Salad w/ Sunfl. Seeds* Yogurt and Cheez-Its* ----- Cupcakes for Students with September Birthdays	29 PROFESSIONAL GROWTH DAY	