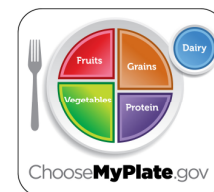




SEPTEMBER  
2017


# Middle and High School Lunch

Lunch Price: \$ 3.50  
Reduced: \$ 0.40



*Includes choice of entrée (protein + whole grains), fruit and vegetable sides, and milk.*

PowayUSDNutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 11 & 25: <b>Teriyaki Chicken with Chow Mein Noodles</b> <hr/> September 18: <b>Orange Chicken with Rice</b>	<b>Supreme Nachos</b> <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	September 6 & 27: <b>Macaroni &amp; Cheese with Garlic Toast*</b> <hr/> September 13: <b>Salisbury Steak &amp; Gravy, Noodles, and Garlic Toast</b> <hr/> September 20: <b>Penne Pasta with Meat Sauce and Garlic Toast</b>	 <b>* Meatless entrees are marked with an asterisk (*).</b>  <b>Chicken Tenders and a Biscuit</b>	<b>BBQ Chicken Flatbread Pizza</b>
Meatball Sub	Turkey-Pepper Jack Panini	Chicken Caesar Wrap	Cheeseburger	Philly Cheesesteak
Chicken Caesar Salad and a Roll	Spicy Asian Chicken Salad and a Roll	Deluxe Garden Salad with Egg and a Roll*	Chicken Caesar Salad and a Roll	Deluxe Garden Salad with Egg and a Roll*
Pepperoni Pizza Slice	Cheese Pizza Slice*	Pepperoni Pizza Slice	Cheese Pizza Slice*	Pepperoni Pizza Slice

### ADDITIONAL DAILY ENTRÉE CHOICES:

- Hot Chicken Sandwich - *Regular or Spicy*
- Turkey & Cheese Deli Sandwich
- Southwest Bean & Cheese Burrito\*
- Bistro Box\* (*Yogurt, Sunflower Seeds, & Crackers*)

### LOCAL, FARM-FRESH MILK CHOICES:

- Low Fat (1%) White Milk
- Fat Free Chocolate Milk



### FRUIT and VEGETABLE SIDES

Choose at least 1/2 cup with your lunch.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Edamame	Grape Tomatoes	Baby Carrots	Baby Carrots	Celery Sticks
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Corn Kernels	Baked Sweet Potato Fries
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Fresh Grapes	Fresh Apple
Dried Fruit	Peach Cup	Applesauce Cup	Strawberry Cup	Raisins