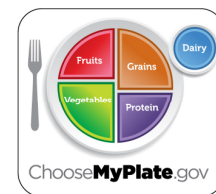




OCTOBER
2017





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 |
|--|--|--|--|---|
| October 2, 16, 30: Orange Chicken with Rice <hr/> October 9 & 23: Teriyaki Chicken with Chow Mein Noodles | Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i> | October 4 & 25: Salisbury Steak & Gravy, Noodles, and Garlic Toast <hr/> October 11: Penne Pasta with Meat Sauce and Garlic Toast <hr/> October 18: Macaroni & Cheese with Garlic Toast* |   Homestyle Chicken Drumstick with Mashed Potatoes and a Roll | <div style="background-color: #FFDAB9; padding: 5px;">* Meatless entrees are marked with an asterisk (*).</div> BBQ Chicken Flatbread Pizza |
|  Shredded Beef & Cheese Burrito |  Three Cheese Panini* | Chicken Caesar Wrap | Cheeseburger | BBQ Pork Rib Sandwich |
| 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 |

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 | Dried Fruit |