

OCTOBER 2017

Elementary School Lunch Menu

Lunch Meal Price \$3.00
Reduced Price \$0.40
A La Carte Beverage \$0.75

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

2

Cheeseburger
Mini Chicken Corn Dogs
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

9

Cheesy Breadsticks*
Breaded Chicken Sandwich
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

16

Turkey Hot Dog & Pretzels
Fish Sticks & Pretzels
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

23

Cheeseburger
Mini Chicken Corn Dogs
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

30

Cheesy Breadsticks*
Breaded Chicken Sandwich
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*
**Cupcakes for Students with
October Birthdays**

Tuesday

3

Cheesy Bean Nachos*
French Toast and Sausage
Bean & Cheese Burrito*
Yogurt and Cheez-Its*

10

Crispy Turkey Taco
Chicken Drumstick
Bean & Cheese Burrito*
Yogurt and Cheez-Its*
Treat: Vanilla Wafers

17

Haystack
Macaroni & Cheese*
Bean & Cheese Burrito*
Yogurt and Cheez-Its*

24

Cheesy Bean Nachos*
French Toast and Sausage
Bean & Cheese Burrito*
Yogurt and Cheez-Its*

31

Crispy Turkey Taco
Chicken Drumstick
Bean & Cheese Burrito*
Yogurt and Cheez-Its*
Treat: Vanilla Wafers

Wednesday

4

Salisbury Steak, Noodles,
and Garlic Toast
BBQ Chicken Sandwich
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*
Treat: Strawberry Cup

11

Pasta with Meat Sauce
and Garlic Toast
Chicken Corn Dog
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

18

Hamburger
Cheese Tamale and Beans*
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*
Treat: Peach Cup

25

Salisbury Steak, Noodles,
and Garlic Toast
BBQ Chicken Sandwich
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

Thursday

5

Teriyaki Chicken with Rice
Chicken Nuggets
Entrée Salad with Egg*
Yogurt and Cheez-Its*

12

Teriyaki Beef with Rice
Chicken Nuggets
Entrée Salad with Cheese*
Yogurt and Cheez-Its*

19

Orange Chicken with Rice
Chicken Nuggets
Entrée Salad with Seeds*
Yogurt and Cheez-Its*

26

Teriyaki Chicken with Rice
Chicken Nuggets
Entrée Salad with Egg*
Yogurt and Cheez-Its*

Friday

6

Cheese Pizza*
Pepperoni Pizza
Bean & Cheese Burrito*
Yogurt, Seeds, & Crackers*

13

Cheese Pizza*
Pepperoni Pizza
Bean & Cheese Burrito*
Yogurt, Seeds, & Crackers*

20

Cheese Pizza*
Pepperoni Pizza
Bean & Cheese Burrito*
Yogurt, Seeds, & Crackers*

27

Cheese Pizza*
Pepperoni Pizza
Bean & Cheese Burrito*
Yogurt, Seeds, & Crackers*

For information about Poway school meals,
such as nutrition details, allergens, featured
local produce, and more, visit:

www.powayusdnutrition.com



* Meatless entrees are marked with
an asterisk (*). At least two meatless
options are offered every day.



School lunch includes:

- Choice of Entrée** (Protein + Whole Grains)
- Self-Serve Salad Bar** (Fruits + Vegetables)
- Choice of Milk** (1% white or fat free chocolate)

Menu items subject to change without notice.
Poway Unified School District is an equal
opportunity provider and employer.