

# OCTOBER 2017

## Preschool Lunch Menu

Lunch Meal Price ..... \$3.00  
Reduced Price ..... \$0.40

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
MySchoolBucks.com

### Monday

**2**  
**Grilled Cheese Sandwich\***  
Baby Carrots  
Apple  
Milk

**9**  
**Cheesy Breadsticks with Marinara Sauce\***  
Baby Carrots  
Apple  
Milk

**16**  
**Fish Sticks**  
Baby Carrots  
Apple  
Milk

**23**  
**Grilled Cheese Sandwich\***  
Baby Carrots  
Apple  
Milk

**30**  
**Cheesy Breadsticks with Marinara Sauce\***  
Baby Carrots  
Apple  
Milk

### Tuesday

**3**  
**Cheesy Bean Nachos\***  
Corn Kernels  
Sliced Pears  
Milk

**10**  
**Homestyle Chicken Drumstick**  
Corn Kernels  
Sliced Pears  
Milk

**17**  
**Macaroni & Cheese\***  
Corn Kernels  
Sliced Pears  
Milk

**24**  
**Brunch for Lunch: French Toast and Sausage**  
Corn Kernels  
Sliced Pears  
Milk

**31**  
**Homestyle Chicken Drumstick**  
Corn Kernels  
Sliced Pears  
Milk

### Wednesday

**4**  
**Salisbury Steak with Noodles**  
Green Beans  
Orange Wedges  
Milk

**11**  
**Pasta with Meat Sauce**  
Green Beans  
Orange Wedges  
Milk

**18**  
**Hamburger**  
Green Beans  
Orange Wedges  
Milk

**25**  
**Salisbury Steak with Noodles**  
Green Beans  
Orange Wedges  
Milk

### Thursday

**5**  
**Chicken Nuggets**  
Edamame (soybeans)  
Applesauce  
Milk

**12**  
**Teriyaki Beef with Rice**  
Edamame (soybeans)  
Applesauce  
Milk

**19**  
**Chicken Nuggets**  
Edamame (soybeans)  
Applesauce  
Milk

**26**  
**Teriyaki Chicken with Rice**  
Edamame (soybeans)  
Applesauce  
Milk

### Friday

**6**  
**Cheese Pizza\***  
Green Salad  
Sliced Peaches  
Milk

**13**  
**Cheese Pizza\***  
Green Salad  
Sliced Peaches  
Milk

**20**  
**Cheese Pizza\***  
Green Salad  
Sliced Peaches  
Milk

**27**  
**Cheese Pizza\***  
Green Salad  
Sliced Peaches  
Milk

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

[www.powayusdnutrition.com](http://www.powayusdnutrition.com)



\* Meatless entrees are marked with an asterisk (\*).

**Cold entrée choice available every day:  
Yogurt, Cheese, and Crackers\***

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