

Monday

Tuesday

Wednesday

Thursday

Friday



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

www.powayusdnutrition.com

Fish Sticks
Baby Carrots
Apple
Milk

Macaroni & Cheese*
Green Salad
Banana
Milk

Hamburger
Green Beans
Orange Wedges
Milk

Chicken Nuggets
Edamame (soybeans)
Applesauce
Milk

Cheese Pizza*
Corn Kernels
Sliced Peaches
Milk

Grilled Cheese Sandwich*
Baby Carrots
Apple
Milk

**Brunch for Lunch:
French Toast & Sausage**
Green Salad
Banana
Milk

**Salisbury Steak
and Gravy with Noodles**
Green Beans
Orange Wedges
Milk

Teriyaki Chicken with Rice
Edamame (soybeans)
Applesauce
Milk

Cheese Pizza*
Corn Kernels
Sliced Peaches
Milk

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

**Homestyle
Chicken Drumstick**
Green Salad
Banana
Milk

**SPECIAL HOLIDAY
LUNCH \$3.25**
Turkey & Gravy, Mashed
Potatoes, Cranberry Sauce,
and more! Watch for
details at your school.

Chicken Nuggets
Edamame (soybeans)
Applesauce
Milk

Cheese Pizza*
Corn Kernels
Sliced Peaches
Milk

WINTER BREAK!

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WINTER BREAK!



* Meatless entrees are marked with an asterisk.

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



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