

JANUARY 2018

Elementary School Lunch Menu

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



PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY NEW YEAR!

WINTER BREAK

WINTER BREAK

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

www.powayusdnutrition.com

1
Turkey Hot Dog & Pretzels
Fish Sticks & Pretzels
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

2
Crispy Turkey Taco
Chicken Drumstick
Bean & Cheese Burrito*
Yogurt and Cheez-Its*
Graham Crackers

3
Pasta with Meat Sauce
and Garlic Toast
Chicken Corn Dog
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

4
Teriyaki Beef with Rice
Chicken Nuggets
Entrée Salad with Cheese*
Yogurt and Cheez-Its*

5
Cheese Pizza*
Pepperoni Pizza
Bean & Cheese Burrito*
Yogurt, Seeds, & Crackers*

MARTIN LUTHER KING, JR. HOLIDAY

6
Haystack
Macaroni & Cheese*
Bean & Cheese Burrito*
Yogurt and Cheez-Its*

7
Hamburger
Cheese Tamale and Beans*
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

8
Orange Chicken with Rice
Chicken Nuggets
Entrée Salad with Seeds*
Yogurt and Cheez-Its*

9
Cheese Pizza*
Pepperoni Pizza
Bean & Cheese Burrito*
Yogurt, Seeds, & Crackers*

10
Cheeseburger
Mini Chicken Corn Dogs
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

11
Cheesy Bean Nachos*
French Toast and Sausage
Bean & Cheese Burrito*
Yogurt and Cheez-Its*

12
Salisbury Steak with
Noodles & Garlic Toast
Barbecue Chicken Sandwich
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*


13
Teriyaki Chicken with Rice
Chicken Nuggets
Entrée Salad with Egg*
Yogurt and Cheez-Its*

14
Cheese Pizza*
Pepperoni Pizza
Bean & Cheese Burrito*
Yogurt, Seeds, & Crackers*

15
Cheesy Breadsticks*
Breaded Chicken Sandwich
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*

16
Crispy Turkey Taco
Chicken Drumstick
Bean & Cheese Burrito*
Yogurt and Cheez-Its*
Graham Crackers

17
Pasta-Meat Sauce, Garlic Toast
Chicken Corn Dog
Grilled Cheese Sandwich*
Yogurt, Seeds, & Crackers*
Cupcakes for Students with January Birthdays

 * Meatless entrees are marked with an asterisk. At least two meatless entrees are offered daily.

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



School lunch includes:

Choice of Entrée - Protein and Whole Grains

Self-Serve Salad Bar - Fruits and Vegetables, choose at least ½ cup

Choice of Milk - 1% white or fat free chocolate