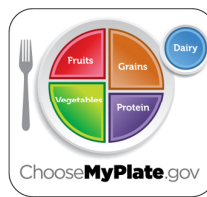




**JANUARY
2018**


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
January 8 & 29: Teriyaki Chicken with Chow Mein Noodles <hr/> January 22: Orange Chicken with Rice	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	January 10 & 31: Pasta with Meat Sauce and Garlic Toast <hr/> January 17 & 24: Salisbury Steak with Noodles and Garlic Toast	 * Meatless entrees are marked with an asterisk (*). Homestyle Chicken Drumstick, Mashed Potatoes, and a Roll	BBQ Chicken Flatbread Pizza
Philly Cheesesteak Sandwich	Turkey-Pepper Jack Panini	BBQ Pulled Pork Sandwich	Cheeseburger	Macaroni & Cheese with Garlic Toast*
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	Spicy Asian Chicken Salad 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*)

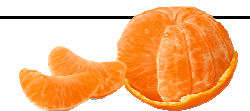
MILK CHOICES:

Low Fat (1%) White or Fat Free Chocolate



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	Celery Sticks	Baby Carrots	Baby Carrots	Cauliflower Florets
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Corn Kernels	Baked Sweet Potato Fries
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Diced Mixed Fruit	Fresh Apple
Craisins	Peach Cup	Applesauce Cup	Fresh Tangerine	Craisins
			Strawberry Cup	