

# JANUARY 2018

## Preschool Lunch Menu

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



**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**

**Fish Sticks**  
Baby Carrots  
Apple  
Milk

**Homestyle Chicken Drumstick**  
Green Salad  
Banana  
Milk

**Pasta with Meat Sauce**  
Corn Kernels  
Orange Wedges  
Milk

**Teriyaki Beef with Rice**  
Edamame (soybeans)  
Tangerine  
Milk

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

**MARTIN LUTHER KING, JR. HOLIDAY**

**Macaroni & Cheese\***  
Green Salad  
Banana  
Milk

**Hamburger**  
Corn Kernels  
Orange Wedges  
Milk

**Chicken Nuggets**  
Edamame (soybeans)  
Tangerine  
Milk

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

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

**Cheesy Bean Nachos\***  
Green Salad  
Banana  
Milk

**Salisbury Steak and Gravy with Noodles**  
Corn Kernels  
Orange Wedges  
Milk

**Teriyaki Chicken with Rice**  
Edamame (soybeans)  
Tangerine  
Milk

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

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

**Homestyle Chicken Drumstick**  
Green Salad  
Banana  
Milk

**Pasta with Meat Sauce**  
Corn Kernels  
Orange Wedges  
Milk



\* 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\***