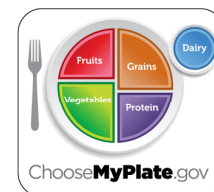




**MARCH
2018**


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
March 5 & 19: Teriyaki Chicken with Chow Mein Noodles <hr/> March 12 & 26: Orange Chicken with Rice	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	March 7 & 28: Pasta with Meat Sauce and Garlic Toast <hr/> March 14 & 21: Salisbury Steak with Noodles and Garlic Toast	 * Meatless entrees are marked with an asterisk (*). Chicken Tenders and a Biscuit	BBQ Chicken Flatbread Pizza
Meatball Sub 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*)

LOCAL 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
Baby Carrots	Baby Carrots	Celery Sticks	Baby Carrots	Cauliflower Florets
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Baked Beans	Baked Sweet Potato Fries
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Fresh Banana	Fresh Apple Slices
Dried Fruit	Peach Cup	Applesauce Cup	Strawberry Cup	Dried Fruit