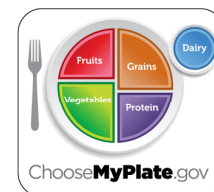




**MAY
2018**

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
May 7 & 21: Teriyaki Chicken with Chow Mein Noodles <hr/> May 14: Orange Chicken with Rice	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	May 2, 16, & 30: Pasta with Meat Sauce and Garlic Toast <hr/> May 9 & 23: Salisbury Steak with Noodles and Garlic Toast	Homestyle Chicken Drumstick, Mashed Potatoes, and a Roll	BBQ Chicken Flatbread <hr/> Macaroni & Cheese with Garlic Toast*
BBQ Pork Rib Sandwich	Turkey-Pepper Jack Panini	Chicken Caesar Wrap	Cheeseburger	Shredded Beef & Cheese Burrito
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



*** Meatless entrees are marked with an asterisk (*).**



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	Baby Carrots	Celery Sticks	Baby Carrots	Grape Tomatoes
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Corn Kernels	Baked Tater Tots
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Fresh Apple Slices	Fresh Strawberries
Frozen Orange Juice Slushy	Sliced Peaches	Applesauce Cup	Strawberry Cup	Applesauce Cup

Menu and ingredients subject to change without notice. This institution is an equal opportunity provider.