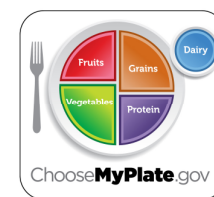




**JUNE
2018**

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
June 4: Orange Chicken with Rice <hr/> June 11: Teriyaki Chicken with Chow Mein Noodles	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	Pasta with Meat Sauce and Garlic Toast	Chicken Tenders and a Biscuit	BBQ Chicken Flatbread
BBQ Pork Rib Sandwich	Turkey-Pepper Jack Panini	Philly Cheesesteak Sandwich	Cheeseburger	Meatball Sub Sandwich
Ham & Cheese Salad and a Roll	Spicy Asian Chicken Salad and a Roll	Deluxe Garden Salad with Egg and a Roll*	Ham & Cheese 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*)
- Ham, Cheese, & Crackers Plate

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
Edamame	Baby Carrots	Celery Sticks	Baby Carrots	Grape Tomatoes
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Baked Beans	Baked Tater Tots
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Applesauce Cup	Fresh Apple Slices
Frozen Orange Juice Slushy	Sliced Peaches	Applesauce Cup	June 7: Fresh Watermelon June 14: Fresh Fruit	Frozen Orange Juice Slushy

Featured June Produce:

Fresh and juicy, California-grown watermelon



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