

AUGUST 2018

Elementary School Lunch Menu

Lunch Meal Price \$3.25
 Reduced Price \$0.40
 A La Carte Beverage \$0.75

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday



* Meatless entrees are marked with an asterisk.
 At least two meatless entrees are offered daily.



School lunch includes:

Choice of Entrée – Protein and Whole Grains

Self-Serve Salad Bar – Fruits and Vegetables, choose at least ½ cup

Choice of Milk – low fat white or fat free chocolate

6

7

8

9

10

Welcome back to school! Poway Food and Nutrition is happy to serve you.

For information about Poway Unified school meals, such as nutrition details, allergens, featured local produce, and more, visit powayusdnutrition.com.

Remember to re-apply for free and reduced-price meal benefits each school year. To apply online, visit myschoolapps.com.

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20

21

Pasta with Meat Sauce and Garlic Toast
 Breaded Chicken Sandwich
 Grilled Cheese Sandwich*
 Yogurt, Seeds, & Crackers*

22

Brunch for Lunch:
 French Toast & Sausage
 Teriyaki Beef with Rice
 Entrée Salad with Cheese*
 Yogurt and Cheez-Its*

23

Stuffed Crust Pepperoni Pizza Wedge
 Mini Chicken Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Seeds, & Crackers*

24

27

Cheeseburger
 Bean & Cheese Burrito*
 Grilled Cheese Sandwich*
 Yogurt, Seeds, & Crackers*

28

Haystack (corn chips, ground turkey, beans, cheese)
 Macaroni & Cheese*
 Turkey & Cheese Sandwich
 Yogurt and Cheez-Its*

29

Pasta with Meatballs and Garlic Toast
 Galaxy Pepperoni Pizza
 Grilled Cheese Sandwich*
 Yogurt, Seeds, & Crackers*

30

Orange Chicken with Rice
 Chicken Nuggets
 Entrée Salad with Seeds*
 Yogurt and Cheez-Its*

31

Stuffed Crust Cheese Pizza
 Mini Chicken Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Seeds, & Crackers*
Cupcakes for Students with August Birthdays