

SEPTEMBER 2018

Preschool Lunch Menu

Lunch Meal Price \$3.00
 Reduced Price \$0.40



PAY FOR MEALS ONLINE
 MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday

3

LABOR DAY HOLIDAY

4

Cheesy Bean Nachos*

Corn Kernels
 Banana
 Milk

5

Salisbury Steak & Gravy with Noodles

Green Beans
 Orange Wedges
 Milk

6

Teriyaki Chicken w/Rice

Baby Carrots
 Apple
 Milk

7

Bean & Cheese Burrito*

Cucumber Slices
 Nectarine
 Milk

10

Cheesy Breadsticks with Marinara Sauce*

Baby Carrots
 Sliced Peaches
 Milk

11

Homestyle Chicken Drumstick

Corn Kernels
 Banana
 Milk

12

Pasta with Meat Sauce (Beef)

Green Beans
 Orange Wedges
 Milk

13

French Toast and Sausage (Chicken)

Baby Carrots
 Apple
 Milk

14

Mini Chicken Corn Dogs

Cucumber Slices
 Nectarine
 Milk

17

Cheeseburger

Baby Carrots
 Sliced Peaches
 Milk

18

Macaroni & Cheese*

Corn Kernels
 Banana
 Milk

19

Pasta with Meatballs (Beef)

Green Beans
 Orange Wedges
 Milk

20

Orange Chicken with Rice

Baby Carrots
 Apple
 Milk

21

Stuffed Crust Cheese Pizza Wedge*

Cucumber Slices
 Nectarine
 Milk

24

Grilled Cheese Sandwich*

Baby Carrots
 Sliced Peaches
 Milk

25

Fish Sticks

Corn Kernels
 Banana
 Milk

26

Salisbury Steak & Gravy with Noodles

Green Beans
 Orange Wedges
 Milk

27

Chicken Nuggets

Baby Carrots
 Apple
 Milk

28

PROFESSIONAL GROWTH DAY

Cold entrée choice available every day:
 Yogurt, Cheese, and Crackers*

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 mvschoolapps.com.



* Meatless entrees are marked with an asterisk.

