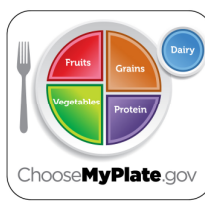




**SEPTEMBER
2018**

Middle and High School Lunch

**Lunch Price: \$ 3.75
Reduced: \$ 0.40**



Includes choice of entrée (protein + whole grains), fruit and vegetable sides, and milk.

PowayUSDNutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Chicken with Rice	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	September 12 & 26: Pasta with Meat Sauce and Garlic Toast ----- September 5 & 19: Pasta with Meatballs and Garlic Toast	Chicken Tenders and a Biscuit	BBQ Chicken Flatbread
Meatball Sub Sandwich	Turkey-Pepper Jack Panini	Chicken Caesar Wrap	Cheeseburger	Philly Cheesesteak Sandwich
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:

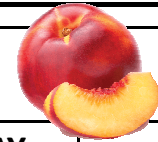
- Low Fat (1%) White or Fat Free Chocolate



*** 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	Baby Carrots	Baby Carrots	Grape Tomatoes
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Corn Kernels	Baked Tater Tots
Fresh Apple	Fresh Banana	Orange Wedges	Fresh Apple	Fresh Nectarine
Sliced Pears	Sliced Peaches	Mixed Fruit	Sliced Pears	Applesauce Cups

Featured September Produce:
Fresh and juicy, California-grown nectarines

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