

SEPTEMBER 2018

Elementary School Lunch Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY HOLIDAY 3	Cheesy Bean Nachos* 4 Fish Sticks Bean & Cheese Burrito* Yogurt & Cheez-Its*	Salisbury Steak & Gravy, 5 Noodles, Garlic Toast Corn Dog Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	Teriyaki Chicken w/Rice 6 Chicken Nuggets Salad w/Hard-Boiled Egg & Croutons* Yogurt & Cheez-Its*	Stuffed Crust Pepperoni 7 Pizza Wedge BBQ Pork Rib Sandwich Bean & Cheese Burrito* Yogurt, Seeds, & Crackers*
Cheesy Breadsticks w/ Marinara Dipping Sauce* 10 Hamburger Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	Crispy Turkey Taco 11 Homestyle Chicken Drumstick Bean & Cheese Burrito* Yogurt & Cheez-Its* Whole Grain Cookie Treat	Pasta with Meat Sauce 12 and Garlic Toast Breaded Chicken Sandwich Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	Brunch for Lunch: 13 French Toast & Sausage Teriyaki Beef with Rice Entrée Salad with Cheese* Yogurt and Cheez-Its*	Stuffed Crust Pepperoni 14 Pizza Wedge Mini Chicken Corn Dogs Bean & Cheese Burrito* Yogurt, Seeds, & Crackers*
Cheeseburger 17 Bean & Cheese Burrito* Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	Haystack (corn chips, ground turkey, beans, cheese) 18 Macaroni & Cheese* Turkey & Cheese Sandwich Yogurt and Cheez-Its*	Pasta with Meatballs 19 and Garlic Toast Galaxy Pepperoni Pizza Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	Orange Chicken with Rice 20 Chicken Nuggets Entrée Salad with Seeds* Yogurt and Cheez-Its*	Stuffed Crust Cheese Pizza 21 Mini Chicken Corn Dogs Bean & Cheese Burrito* Yogurt, Seeds, & Crackers*
Galaxy Personal Cheese 24 Pizza* Beef Hot Dog Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	Cheesy Bean Nachos* 25 Fish Sticks Bean & Cheese Burrito* Yogurt & Cheez-Its*	Salisbury Steak & Gravy, 26 Noodles, Garlic Toast Corn Dog Grilled Cheese Sandwich* Yogurt, Seeds, & Crackers*	Teriyaki Chicken w/Rice 27 Chicken Nuggets Salad w/Hard-Boiled Egg & Croutons* Yogurt & Cheez-Its* <i>Cupcakes for Students with Sept Birthdays</i>	PROFESSIONAL GROWTH DAY 28

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



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.
 At least two meatless entrees are offered daily.

