

# OCTOBER 2018

## Preschool Lunch Menu

Lunch Meal Price ..... \$3.25  
 Reduced Price ..... \$0.40

MY SCHOOL BUCKS PAY FOR MEALS ONLINE  
 MySchoolBucks.com

### Monday

**Cheesy Breadsticks** 1  
 with **Marinara Sauce** ✓  
 Baby Carrots  
 Sliced Peaches  
 Milk

**Cheeseburger** 8  
 Baby Carrots  
 Sliced Peaches  
 Milk

**Galaxy Personal Cheese Pizza** ✓ 15  
 Baby Carrots  
 Sliced Peaches  
 Milk

**Hamburger** 22  
 Baby Carrots  
 Sliced Peaches  
 Milk

**Grilled Cheese Sandwich** ✓ 29  
 Baby Carrots  
 Sliced Peaches  
 Milk

### Tuesday

**Homestyle Chicken Drumstick** 2  
 Corn Kernels  
 Banana  
 Milk

**Macaroni & Cheese** ✓ 9  
 Corn Kernels  
 Banana  
 Milk

**Cheesy Bean Nachos** ✓ GF 16  
 Corn Kernels  
 Banana  
 Milk

**Homestyle Chicken Drumstick** 23  
 Corn Kernels  
 Banana  
 Milk

**Macaroni & Cheese** ✓ 30  
 Corn Kernels  
 Banana  
 Milk

### Wednesday

**Pasta with Meatballs** 3  
 Green Beans  
 Orange Wedges  
 Milk

**Pasta with Meatballs** 10  
 Green Beans  
 Orange Wedges  
 Milk

**Salisbury Steak & Gravy with Noodles** 17  
 Green Beans  
 Orange Wedges  
 Milk

**Pasta with Meatballs** 24  
 Green Beans  
 Orange Wedges  
 Milk

**Pasta with Meatballs** 31  
 Green Beans  
 Orange Wedges  
 Milk

### Thursday

**French Toast and Sausage Patty (Chicken)** 4  
 Baby Carrots  
 Apple  
 Milk

**Chicken Nuggets** 11  
 Baby Carrots  
 Apple  
 Milk

**Teriyaki Chicken with Rice** 18  
 Baby Carrots  
 Apple  
 Milk

**French Toast and Sausage Patty (Chicken)** 25  
 Baby Carrots  
 Apple  
 Milk

### Friday

**Bean & Cheese Burrito** ✓ 5  
 Cucumber Slices  
 Plum  
 Milk

**Mini Chicken Corn Dogs** 12  
 Cucumber Slices  
 Plum  
 Milk

**Bean & Cheese Burrito** ✓ 19  
 Cucumber Slices  
 Plum  
 Milk

**Mini Chicken Corn Dogs** 26  
 Cucumber Slices  
 Plum  
 Milk

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



For information about Poway Unified School District meals, such as nutrition details, allergens, featured local produce, and more, visit [powayusdnutrition.com](http://powayusdnutrition.com). Remember to re-apply for free and reduced-price meal benefits each school year. To apply online, visit [myschoolapps.com](http://myschoolapps.com).

✓ Indicates meatless entrees.  
 GF Indicates gluten free entrees.