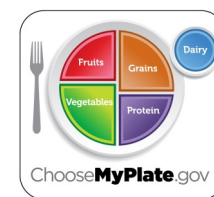




**OCTOBER
2018**

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
October 1, 15, & 29 Teriyaki Chicken with Chow Mein Noodles <hr/> October 8 & 22 Orange Chicken with Rice	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	Pasta with Meatballs and Garlic Toast	Chicken Tenders and a Biscuit	October 5 & 19 Hawaiian Flatbread <hr/> October 12 & 26 BBQ Chicken Flatbread
Meatball Sub Sandwich	Turkey-Pepper Jack Panini	Ranch Chicken Wrap	Cheeseburger	Philly Cheesesteak Sandwich
Ranch Chicken Salad and a Roll	Spicy Asian Chicken Salad and a Roll	Deluxe Garden Salad with Egg and a Roll	Ranch Chicken Salad and a Roll	Spicy Asian Chicken Salad and a Roll
Pizza Slice (Cheese or Pepperoni)	Pizza Slice (Cheese or Pepperoni)	Pizza Slice (Cheese or Pepperoni)	Pizza Slice (Cheese or Pepperoni)	Pizza Slice (Cheese or Pepperoni)

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



Indicates meatless entrée.
 Indicates gluten free entrée.



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 Grapes	Fresh Banana	Orange Wedges	Fresh Apple	Fresh Plum
Sliced Pears	Sliced Peaches	Craisins	Strawberry or Peach Cup	Applesauce Cups

**Featured October Produce:
Sweet & Delicious Plums**

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