

Monday

Cheesy Breadsticks with Marinara Sauce ✓ **1**
 Hamburger
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Cheeseburger **8**
 Bean & Cheese Burrito ✓
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Galaxy Personal Pizza (Cheese ✓ or Pepperoni) **15**
 Beef Hot Dog
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Cheesy Breadsticks with Marinara Sauce ✓ **22**
 Hamburger
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Cheeseburger **29**
 Bean & Cheese Burrito ✓
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Tuesday

Crispy Turkey Taco (GF) **2**
 Homestyle Chicken Drumstick
 Bean & Cheese Burrito ✓
 Yogurt & Cheez-Its ✓
 Whole Grain Cookie Treat

Haystack (Corn Chips, Ground Turkey, Beans, & Cheese) (GF) **9**
 Macaroni & Cheese ✓
 Turkey & Cheese Deli Sandwich
 Yogurt & Cheez-Its ✓

Cheesy Bean Nachos (GF) **16**
 Fish Sticks
 Bean & Cheese Burrito ✓
 Yogurt & Cheez-Its ✓

Crispy Turkey Taco (GF) **23**
 Homestyle Chicken Drumstick
 Bean & Cheese Burrito ✓
 Yogurt & Cheez-Its ✓
 Whole Grain Cookie Treat

Haystack (Corn Chips, Ground Turkey, Beans, & Cheese) (GF) **30**
 Macaroni & Cheese ✓
 Turkey & Cheese Deli Sandwich
 Yogurt & Cheez-Its ✓

Wednesday

Pasta w/ Meatballs & Garlic Toast **3**
 Breaded Chicken Sandwich
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Pasta w/ Meatballs & Garlic Toast Galaxy Personal Pizza **10**
 (Cheese ✓ or Pepperoni)
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Salisbury Steak & Gravy w/ Noodles & Garlic Toast **17**
 Mini Corn Dogs
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Pasta w/ Meatballs & Garlic Toast **24**
 Breaded Chicken Sandwich
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Pasta w/ Meatballs & Garlic Toast Galaxy Personal Pizza **31**
 (Cheese ✓ or Pepperoni)
 Grilled Cheese Sandwich ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Thursday

Brunch for Lunch: **4**
 French Toast & Sausage
 Teriyaki Beef w/ Rice
 Salad w/ Cheese & Croutons ✓
 Yogurt & Cheez-Its

Orange Chicken w/ Rice **11**
 Chicken Nuggets
 Salad w/ Sunflower Seeds & Croutons ✓
 Yogurt & Cheez-Its ✓

Teriyaki Chicken w/ Rice **18**
 Chicken Nuggets
 Salad w/ Hard Boiled Egg & Croutons ✓
 Yogurt & Cheez-Its ✓

Brunch for Lunch: **25**
 French Toast & Sausage
 Teriyaki Beef w/ Rice
 Salad w/ Cheese & Croutons ✓
 Yogurt & Cheez-Its

Friday

Stuffed Crust Pizza Wedge **5**
 (Cheese ✓ or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Stuffed Crust Pizza Wedge **12**
 (Cheese ✓ or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Stuffed Crust Pizza Wedge **19**
 (Cheese ✓ or Pepperoni)
 BBQ Pork Rib Sandwich
 Bean & Cheese Burrito ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

Stuffed Crust Pizza Wedge **26**
 (Cheese ✓ or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito ✓
 Yogurt, Sunflower Seeds, & Wheat Crackers ✓

BIRTHDAY CUPCAKES

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



For information about Poway Unified School District 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 myschoolapps.com.

✓ Indicates meatless entrees.
 (GF) Indicates gluten free entrees.