

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

Cold entrée choice available everyday:  
**Yogurt, Cheese, & Crackers\***



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

**Fish Sticks** 6  
 Corn Kernels  
 Banana  
 Milk

**HOLIDAY MEAL** 7  
 Thick-Slice Turkey Breast with Gravy & Mashed Potatoes  
 ~Holiday Star Cookie~

**Teriyaki Beef Dippers with Rice** 8  
 Baby Carrots  
 Apple  
 Milk

**Bean & Cheese Burrito** ✓ 9  
 Cucumber Slices  
 Kiwi  
 Milk

**Veteran's Day!**

**Cheesy Breadsticks with Marinara Sauce** ✓ 13  
 Corn Kernels  
 Banana  
 Milk

**Homestyle Chicken Drumstick** 14  
 Green Beans  
 Orange Wedges  
 Milk

**Brunch for Lunch: French Toast & Sausage** 15  
 Baby Carrots  
 Apple  
 Milk

**Mini Corn Dogs** 16  
 Cucumber Slices  
 Kiwi  
 Milk

19

20

21

22

23

**Thanksgiving Break**

**Cheeseburger** 26  
 Baby Carrots  
 Sliced Peaches  
 Milk

**Macaroni & Cheese** ✓ 27  
 Corn Kernels  
 Banana  
 Milk

**Pasta with Meatballs** 28  
 Green Beans  
 Orange Wedges  
 Milk

**Chicken Nuggets** 29  
 Baby Carrots  
 Apple  
 Milk

**Stuffed Crust Cheese Pizza Wedge** ✓ 30  
 Cucumber Slices  
 Kiwi  
 Milk

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.  
 Ⓞ Indicates gluten free entrees.