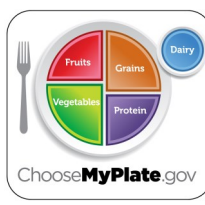




**NOVEMBER
2018**



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
November 5 Orange Chicken with Rice <hr/> November 26 Teriyaki Chicken with Noodles	Supreme Nachos ^{GF} <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	November 14 & 28 Pasta with Meatballs and Garlic Toast <hr/> November 7: SPECIAL HOLIDAY LUNCH \$4.00  <i>See details at your school</i>	Chicken Tenders and a Biscuit	November 2 & 16 Hawaiian Flatbread <hr/> November 9 & 30 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


DAILY ENTRÉE CHOICES:

- Hot Chicken Sandwich - *Regular or Spicy*
- Turkey & Cheese Deli Sandwich 
- Southwest Bean & Cheese Burrito 
- Bistro Box  (*Yogurt, Sunflower Seeds, & Crackers*)
- Pizza Slice (Cheese  or Pepperoni)

LOCAL MILK CHOICES:

- Low Fat (1%) White or Fat Free Chocolate



 Indicates meatless entrée.
^{GF} 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	Celery Sticks	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 Kiwi
Sliced Pears	Sliced Peaches	Dried Fruit	Sliced Peaches	Applesauce Cups



**Featured November Produce:
Tart & Juicy Kiwi**