



JANUARY 2019

Preschool Lunch Menu

Lunch Meal Price \$3.25
 Reduced Price \$0.40

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday

2019

HAPPY NEW YEAR!

7
Galaxy Personal Cheese Pizza*
 Baby Carrots
 Fresh Apple
 Milk

8
Fish Sticks
 Corn Kernels
 Fresh Banana
 Milk

9
Salisbury Steak & Gravy with Noodles
 Green Beans
 Orange Wedges
 Milk

10
Chicken Nuggets
 Baby Carrots
 Sliced Peaches
 Milk

11
Bean & Cheese Burrito*
 Cucumber Slices
 Clementine
 Milk

14
Grilled Cheese Sandwich*
 Baby Carrots
 Fresh Apple
 Milk

15
Homestyle Chicken Drumstick
 Corn Kernels
 Fresh Banana
 Milk

16
Pasta with Meatballs
 Green Beans
 Orange Wedges
 Milk

17
Brunch 4 Lunch: French Toast & Sausage
 Baby Carrots
 Sliced Peaches
 Milk

18
Mini Corn Dogs
 Cucumber Slices
 Clementine
 Milk

21

22
Macaroni & Cheese*
 Corn Kernels
 Fresh Banana
 Milk

23
Pasta with Meatballs
 Green Beans
 Orange Wedges
 Milk

24
Chicken Nuggets
 Baby Carrots
 Sliced Peaches
 Milk

25
Stuffed Crust Cheese Pizza Wedge*
 Cucumber Slices
 Clementine
 Milk

28
Grilled Cheese Sandwich*
 Baby Carrots
 Fresh Apple
 Milk

29
Cheesy Bean Nachos*
 Corn Kernels
 Fresh Banana
 Milk

30
Salisbury Steak & Gravy with Noodles
 Green Beans
 Orange Wedges
 Milk

31
Teriyaki Chicken with Rice
 Baby Carrots
 Sliced Peaches
 Milk

Cold Entrée Available Every Day:
 Yogurt, Cheese, & Crackers*

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.