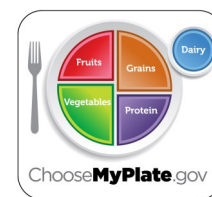




**JANUARY
2019**

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
NEW! Jan 7: Teriyaki Chicken Bowl (w/ Rice & Veggies) ----- Jan 14: Orange Chicken with Rice ----- Jan 28: Teriyaki Chicken with Noodles	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 with Biscuit ----- Homestyle Chicken Bowl with Dinner Roll <i>Popcorn chicken served over mashed potatoes and corn</i>	January 11 & 25: BBQ Chicken Flatbread ----- January 18: Hawaiian Flatbread
Meatball Sub Sandwich	Turkey-Pepper Jack Panini	NEW! Fuego "Spicy" 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.
 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 Apple	Fresh Banana	Orange Wedges	Fresh Apple	Clementines
Sliced Pears	Applesauce Cups	<i>Frozen Fruit Cup:</i> 1/9 & 1/30: Berry 1/16: Peach 1/23: Strawberry	Sliced Peaches	Craisins



**Featured January Produce:
Sweet & Sour Clementines!**

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