

# FEBRUARY 2019

## Elementary School Lunch Menu

Lunch Meal Price ..... \$3.25  
 Reduced Price ..... \$0.40  
 A La Carte Beverage ..... \$0.75

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### 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



Professional Growth Day

1

NO STUDENTS

4  
 Cheesy Breadsticks with Marinara Dipping Sauce\*  
 Cheeseburger (or Hamburger)  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

5  
 Crispy Turkey Taco  
 Homestyle Chicken Drumstick  
 Bean & Cheese Burrito\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack

Whole Grain Cookie Treat!

6  
 Pasta with Meatballs, Cheese, & Garlic Toast  
 Breaded Chicken Sandwich  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

7  
 Brunch 4 Lunch:  
 French Toast & Sausage  
 Teriyaki Beef with Rice  
 Salad with Cheese & Croutons\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack

8  
 Stuffed Crust Pizza Wedge (Cheese\* or Pepperoni)  
 Mini Corn Dogs  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

11  
 Homestyle Chicken Bowl (mashed potatoes, corn, topped with popcorn chicken)  
 Bean & Cheese Burrito\*  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

12  
 Haystack (corn chips, ground turkey, beans, & cheese)  
 Macaroni & Cheese\*  
 Turkey & Cheese Deli Sandwich  
 Yogurt & Cheez-Its  
 Protein Power Pack

13  
 Pasta with Meatballs, Cheese, & Garlic Toast  
 Galaxy Personal Pizza (Cheese\* or Pepperoni)  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

14  
 Orange Chicken with Rice  
 Chicken Nuggets  
 Salad with Sunflower Seeds & Croutons\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack

Happy Valentines Day

15  
 Stuffed Crust Pizza Wedge (Cheese\* or Pepperoni)  
 Mini Corn Dogs  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

18

19

20

21

22

President's Week – NO SCHOOL

25  
 Galaxy Personal Pizza (Cheese\* Or Pepperoni)  
 Beef Hot Dog  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

26  
 Cheesy Bean Nachos\*  
 Fish Sticks  
 Bean & Cheese Burrito  
 Yogurt & Cheez-Its\*  
 Protein Power Pack

27  
 Salisbury Steak & Gravy, Noodles, & Garlic Bread  
 Corn Dog  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

28  
 Teriyaki Chicken with Rice  
 Chicken Nuggets  
 Salad with Hardboiled Egg & Croutons\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack

Birthday Cookie Treat!



PAY FOR MEALS ONLINE  
 MySchoolBucks.com



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.