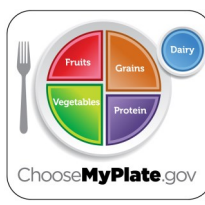




**FEBRUARY  
2019**

# 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
Feb 4: <b>Teriyaki Chicken Bowl</b> (w/ Rice & Veggies) ----- Feb 11: <b>Orange Chicken with Rice</b> ----- Feb 25: <b>Teriyaki Chicken with Noodles</b>	<b>Supreme Nachos</b> <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	Feb 6 & 27: <b>Salisbury Steak with Pasta and Garlic Toast</b> ----- Feb 13: <b>Pasta with Meatballs and Garlic Toast</b>	Feb 7 & 28: <b>Homestyle Chicken Bowl with Dinner Roll</b> <i>Popcorn chicken served over mashed potatoes and corn</i> ----- Feb 14: <b>Chicken Tenders with Biscuit</b>	<b>Southwest Chicken and Rice Soup with Tortilla Chips</b>
Meatball Sub Sandwich	Turkey-Pepper Jack Panini	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 Edamame Baked Tater Tots Fresh Apple Strawberries	 Side Salad Baby Carrots Broccoli Florets Fresh Banana Mixed Fruit 	 Side Salad Baby Carrots Baked Tater Tots Orange Wedges <i>Frozen Fruit Cup:</i> 2/6: Peach 2/13: Strawberry 2/27: Peach	Side Salad Baby Carrots Corn Kernels Fresh Apple Sliced Peaches	Side Salad Grape Tomatoes Baked Tater Tots Clementines Craisins

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