

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**March is National Nutrition Month!**  
 Come enjoy a delicious, balanced meal at the nutrition center!  
 (Featuring two NEW entrees!)



**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

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

Crispy Turkey Taco <sup>GF</sup> **5**  
 Homestyle Chicken Drumstick  
 Bean & Cheese Burrito\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack\*  
**Whole Grain Cookie Treat**

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

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

Stuffed Crust Pizza (cheese\* or pepperoni) **1**  
 BBQ Pork Rib Sandwich  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*

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

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

Salisbury Steak & Gravy, Noodles, & Garlic Toast **13**  
 Galaxy Personal Pizza (cheese\* or pepperoni)  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*

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

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

Stuffed Crust Pizza (cheese\* or pepperoni) **15**  
**NEW!** Mesquite BBQ, Bone-In Chicken with Cornbread  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*

Galaxy Personal Pizza (cheese\* or pepperoni) **18**  
 Beef Hot Dog  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*

Cheesy Bean Nachos\* <sup>GF</sup> **19**  
 Fish Sticks  
 Bean & Cheese Burrito\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack\*

**NEW!** Chicken 'n Waffles Corn Dog **20**  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*

Teriyaki Chicken with Rice Chicken Nuggets **21**  
 Salad with Hardboiled Egg & Croutons\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack\*

Stuffed Crust Pizza (cheese\* or pepperoni) **22**  
 BBQ Pork Rib Sandwich  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*

Cheesy Breadsticks with Marinara Dipping Sauce\* **25**  
 Cheeseburger (or Hamburger)  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*

Crispy Turkey Taco <sup>GF</sup> **26**  
 Homestyle Chicken Drumstick  
 Bean & Cheese Burrito\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack\*  
**Whole Grain Cookie Treat**

Pasta with Meatballs, Cheese & Garlic Toast **27**  
 Breaded Chicken Sandwich  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers  
 Protein Power Pack\*

Brunch 4 Lunch: **28**  
 French Toast & Sausage  
 Teriyaki Beef with Rice  
 Salad with Cheese & Croutons\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack\*

Stuffed Crust Pizza (cheese\* or pepperoni) **29**  
 Mini Corn Dogs  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack\*  
**Birthday Treat!**

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).

<sup>V</sup>\* Indicates meatless entrees.  
<sup>GF</sup> Indicates gluten free entrees.