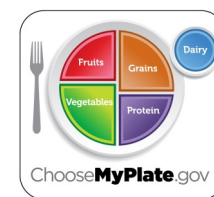




**MARCH
2019**

Middle 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
Mar 4 & 25: Teriyaki Chicken Bowl ----- Mar 11: Orange Chicken with Rice ----- Mar 18: Teriyaki Chicken with Noodles	NEW! Mar 5 & 19: Crispy Turkey Taco with Spanish Rice & Beans ----- Mar 12 & 26: Supreme Nachos <i>(Taco meat, beans, and cheese sauce over tortilla chips)</i>	NEW! Mar 6 & 20: Chicken 'n Waffles <i>(bone-in breaded chicken served with whole grain waffle and natural syrup)</i> ----- Mar 13 & 27: Pasta with Meatballs and Garlic Toast	Mar 7 & 21: Chicken Tenders with Biscuit ----- Mar 14 & 28: Homestyle Chicken Bowl with Dinner Roll <i>(Popcorn chicken served over mashed potatoes and corn)</i>	NEW! Mar 1, 15, & 29: Mesquite BBQ Chicken with Cornbread ----- Mar 8 & 22: BBQ Chicken Flatbread
Meatball Sub Sandwich	Turkey-Pepper Jack Panini	Fuego "Spicy" Chicken Wrap	Cheeseburger	NEW! Fish Fillet 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
- NEW!** Pizza Slice (Cheese or Pepperoni)
- Café Style Bistro Box *(WG pita points, hummus, baby carrots, hardboiled egg, & craisins)*

LOCAL MILK CHOICES:

- Low Fat (1%) White or Fat Free Chocolate



Indicates meatless entrée.

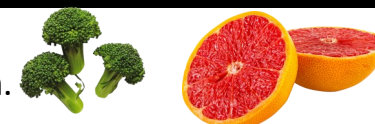


Indicates gluten free entrée.



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
Clementine	Fresh Apple	Fresh Banana	Fresh Apple	Blood Orange
Diced Pears	Mixed Fruit	<i>Frozen Fruit Cup:</i>	Sliced Peaches	Craisins
		3/6 & 3/27: Berry		
		3/13: Strawberry		
		3/20: Peach		

**March Featured Produce:
BLOOD ORANGES**

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