



JUNE 2019

Preschool Lunch Menu

Lunch Meal Price \$3.25
 Reduced Price \$0.40



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 3 Cheeseburger Green Peas Apple Slices Milk | 4 Homestyle Chicken Drumstick Broccoli Florets Banana Milk | 5 Pasta with Meatballs Green Beans Orange Wedges Milk | 6 Brunch 4 Lunch: French Toast & Sausage Baby Carrots Watermelon Milk | 7 Mini Corn Dogs Cucumber Slices Apple Milk |
| 10 Chicken Nuggets Green Peas Apple Slices Milk | 11 Fish Patty Broccoli Florets Banana Milk | 12 Cheesy Breadsticks with Marinara Dipping Sauce* Green Beans Orange Wedges Milk | 13 Cheese Pizza* Baby Carrots Chef's Choice Milk | 14 |
| 17 | 18 | 19 | 20 | 21 |
| <p>Poway Food and Nutrition Department wishes you a fun, safe, and healthy summer break! Summer is the perfect time to try new fruits at the peak of their season: sweet and tart cherries, juicy peaches and plums, and antioxidant-rich berries. Keep your mind a body fit all summer long, with at least 60 minutes of active play every day.</p> <p>Remember that money left in your lunch account on the last day of school will still be there when you come back in August (even if you move to a different school in the district)</p> <p>Applications for free and reduced-price meals for school year 2019-2020 become available July 1, 2019. To apply online for meal benefits, visit myschoolapps.com starting July 1st.</p> | | | | |
| 24 | 25 | 26 | 27 | 28 |

Cold Entrée Available Every Day:
 Yogurt, Cheese, & Crackers*

For information about Poway Unified School District meals, such as nutrition details, allergens, featured local produce, and more, visit powayusdnutrition.com. Remember to re-apply for free and reduced-price meal benefits each school year. To apply online, visit myschoolapps.com.

*Indicates meatless entrees.
 Indicates gluten free entrees.