



# JUNE 2019

## Elementary School Lunch Menu



PAY FOR MEALS ONLINE  
 MySchoolBucks.com

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

### Monday

Cheesy Breadsticks with Marinara Dipping Sauce\* **3**  
 Cheeseburger (or Hamburger)  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

Pizza (Cheese\* or Pepperoni) **10**  
 Chicken Nuggets  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

### Tuesday

Crispy Turkey Taco **4**  
 Homestyle Chicken Drumstick  
 Bean & Cheese Burrito\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack  
**Whole Grain Cookie Treat**

Corn Dog **11**  
 Fish Patty  
 Bean & Cheese Burrito\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack

### Wednesday

Pasta with Meatballs, Cheese & Garlic Toast **5**  
 Breaded Chicken Sandwich  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

Cheesy Breadsticks with Marinara Dipping Sauce\* **12**  
 Mini Corn Dogs  
 Grilled Cheese Sandwich\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

### Thursday

Brunch 4 Lunch: **6**  
 French Toast & Sausage  
 Teriyaki Beef with Rice  
 Salad with Cheese & Croutons\*  
 Yogurt & Cheez-Its\*  
 Protein Power Pack

Pizza (Cheese\* or Pepperoni) **13**  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack

### Friday

Pizza (Cheese\* or Pepperoni) **7**  
 Mini Corn Dogs  
 Bean & Cheese Burrito\*  
 Yogurt, Sunflower Seeds, & Wheat Crackers\*  
 Protein Power Pack  
 Birthday Cookie Treat **Birthday Treat!**



**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.

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)

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](http://myschoolapps.com) starting July 1<sup>st</sup>.

#### 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