

# AUGUST 2019

## Valley Preschool Lunch Menu

Lunch Meal Price ..... \$3.25  
 Reduced Price ..... \$0.40



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Cold Entrée Available Daily:**  
 Yogurt, Cheese, & Crackers\*



**Cheesy Breadsticks  
 With Marinara Sauce\*** **5**  
 Baby Carrots  
 Sliced Pears  
 Milk

**Chicken Nuggets** **6**  
 Side Salad  
 Fresh Banana  
 Milk

**Bean & Cheese  
 Burrito\*** **7**  
 Green Beans  
 Fresh Orange Wedges  
 Milk

**Brunch 4 Lunch:** **1**  
**French Toast & Sausage**  
 Edamame  
 Sliced Peaches  
 Milk

**Cheese Pizza\*** **2**  
 Corn Kernels  
 Applesauce Cup  
 Milk

**Cheesy Breadsticks  
 With Marinara Sauce\*** **12**  
 Baby Carrots  
 Sliced Pears  
 Milk

**Chicken Nuggets** **13**  
 Side Salad  
 Fresh Banana  
 Milk

**Bean & Cheese  
 Burrito\*** **14**  
 Green Beans  
 Fresh Orange Wedges  
 Milk

**Brunch 4 Lunch:** **8**  
**French Toast & Sausage**  
 Edamame  
 Sliced Peaches  
 Milk

**Cheese Pizza\*** **9**  
 Corn Kernels  
 Applesauce Cup  
 Milk

**Brunch 4 Lunch:** **15**  
**French Toast & Sausage**  
 Edamame  
 Sliced Peaches  
 Milk

**PROFESSIONAL  
 GROWTH DAY** **16**  
**NO SCHOOL**

**Cheesy Breadsticks  
 With Marinara Sauce\*** **19**  
 Baby Carrots  
 Sliced Pears  
 Milk

**Chicken Nuggets** **20**  
 Side Salad  
 Fresh Banana  
 Milk

**Salisbury Steak, Gravy  
 & Noodles** **21**  
 Green Beans  
 Fresh Orange Wedges  
 Milk

**Orange Chicken  
 with Rice** **22**  
 Edamame  
 Sliced Peaches  
 Milk

**Bean & Cheese  
 Burrito\*** **23**  
 Corn Kernels  
 Applesauce Cup  
 Milk

**Grilled Cheese  
 Sandwich\*** **26**  
 Baby Carrots  
 Sliced Pears  
 Milk

**Cheesy Bean  
 Nachos\*<sup>GF</sup>** **27**  
 Side Salad  
 Fresh Banana  
 Milk

**Chicken Drumstick** **28**  
 Green Beans  
 Fresh Orange Wedges  
 Milk

**Teriyaki Chicken  
 with Rice** **29**  
 Edamame  
 Sliced Peaches  
 Milk

**Cheese Pizza\*** **30**  
 Corn Kernels  
 Applesauce Cup  
 Milk

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).

\*Indicates meatless entrees.  
 Indicates gluten free entrees.