



PAY FOR MEALS ONLINE
 MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday

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



5

6

7

1

2

Welcome back to school!

Poway Food and Nutrition is happy to serve you. For information about Poway Unified school 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.

19

20

21

22

23

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

Orange Chicken with Rice
 Edamame
 Sliced Peaches
 Milk

Bean & Cheese Burrito*
 Corn Kernels
 Applesauce Cup
 Milk

26

27

28

29

30

Grilled Cheese Sandwich*
 Baby Carrots
 Sliced Pears
 Milk

Cheesy Bean Nachos*^{GF}
 Side Salad
 Fresh Banana
 Milk

Chicken Drumstick
 Green Beans
 Fresh Orange Wedges
 Milk

Teriyaki Chicken with Rice
 Edamame
 Sliced Peaches
 Milk

Cheese Pizza*
 Corn Kernels
 Applesauce Cup
 Milk

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*Indicates meatless entrees.
 Indicates gluten free entrees.