



AUGUST 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

Tuesday

Wednesday

Thursday

Friday

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

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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.

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Salisbury Steak & Gravy,
 Noodles, Garlic Toast
 Pizza (Cheese* or Pepperoni)
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds,
 & Wheat Crackers*
 Protein Power Pack

Orange Chicken with Rice
 Chicken Nuggets
 Salad with Sunflower Seeds &
 Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack

Pizza (Cheese* or Pepperoni)
 BBQ Chicken & Cornbread
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat
 Crackers*
 Protein Power Pack

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Pizza (Cheese* or Pepperoni)
 Beef Hot Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat
 Crackers*
 Protein Power Pack

Cheesy Bean Nachos*^{GF}
 Fish Patty
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*
 Protein Power Pack

Chicken 'n Waffles
 Corn Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat
 Crackers*
 Protein Power Pack

Teriyaki Chicken with Rice
 Chicken Nuggets
 Salad with Hardboiled Egg &
 Cheese*
 Yogurt & Cheez-Its*
 Protein Power Pack

Pizza (Cheese* or Pepperoni)
 BBQ Pork Rib Sandwich
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat
 Crackers*
 Protein Power Pack

**Birthday
 Treat!**

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*Indicates meatless entrees.
 GF Indicates gluten free entrees.