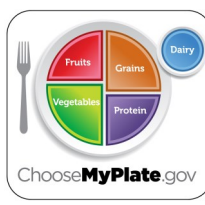




August
2019

Middle and High School Lunch

Lunch Price: \$ 3.75
Reduced: \$ 0.40



Includes choice of entrée (protein + whole grains), fruit and vegetable sides, and milk.

PowayUSDNutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Chicken with Rice	Supreme Nachos ^{GF} <i>Seasoned ground turkey, refried beans, and jalapeno cheese sauce over whole grain tortilla chips</i>	August 21: Chicken 'n Waffles <i>(bone-in breaded chicken served with whole grain waffle and natural syrup)</i> ----- August 28: Pasta with Meatballs and Garlic Toast	August 22: Chicken Tenders with Biscuit ----- August 29: Homestyle Chicken Bowl with Dinner Roll	August 23: Mesquite BBQ Chicken with Cornbread ----- August 30: Crispy Turkey Taco with Spanish Rice & Beans ^{GF}
Meatball Sub Sandwich	Turkey-Pepper Jack Panini	Fuego "Spicy" Chicken Wrap	Cheeseburger	Philly Cheesesteak Flatbread
Ranch Chicken Salad and a Roll	Chicken Caesar Salad and a Roll	Deluxe Garden Salad with Egg and a Roll	Southwest Salad and Tortilla Chips ^{GF}	Spicy Asian Chicken Salad and a Roll

DAILY ENTRÉE CHOICES:

- Hot Chicken Sandwich *(Regular or Spicy)*
- Turkey & Cheese Deli Sandwich
- Southwest Bean & Cheese Burrito
- Pizza Slice (Cheese or Pepperoni)
- Café Style Bistro Box *(WG pita points, hummus, baby carrots, hardboiled egg, & raisins)*
- Smuckers Uncrustable *(grape or strawberry)*

LOCAL MILK CHOICES:

Low Fat (1%) White or Fat Free Chocolate



Indicates meatless entrée.



Indicates gluten free entrée.



FRUIT and VEGETABLE SIDES:

Choose at least 1/2 cup with your lunch.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Edamame	Baby Carrots	Baby Carrots	Baby Carrots	Grape Tomatoes
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Corn Kernels	Baked Tater Tots
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Fresh Apple	Fresh Nectarine
Sliced Pears	Mixed Fruit	<i>Frozen Fruit Cup:</i> Mixed Berry, Peach, or Strawberry	Sliced Peaches	Craisins



**August Featured Produce:
Fresh Nectarines**

Menu subject to change without notice. This institution is an equal opportunity provider.