



AUGUST 2019

Valley Elementary Lunch Menu

MY SCHOOL BUCKS 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

Welcome back to school!

Remember to re-apply for free and reduced-price meal benefits each school year. To apply online, visit myschoolapps.com.

Brunch 4 Lunch: **1**
 French Toast & Sausage
 Grilled Cheese Sandwich*
 Yogurt & Cheez-Its*
 Protein Power Pack

Pizza (Cheese* or Pepperoni) **2**
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Cheesy Breadsticks with Marinara Sauce* **5**
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Chicken Nuggets **6**
 Grilled Cheese Sandwich*
 Yogurt & Cheez-Its*
 Protein Power Pack

Corn Dog **7**
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Brunch 4 Lunch: **8**
 French Toast & Sausage
 Grilled Cheese Sandwich*
 Yogurt & Cheez-Its*
 Protein Power Pack

Pizza (Cheese* or Pepperoni) **9**
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Cheesy Breadsticks with Marinara Sauce* **12**
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Chicken Nuggets **13**
 Grilled Cheese Sandwich*
 Yogurt & Cheez-Its*
 Protein Power Pack

Corn Dog **14**
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Brunch 4 Lunch: **15**
 French Toast & Sausage
 Grilled Cheese Sandwich*
 Yogurt & Cheez-Its*
 Protein Power Pack

PROFESSIONAL GROWTH DAY **16**

NO SCHOOL

Cheesy Breadsticks with Marinara Sauce* **19**
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Chicken Nuggets **20**
 Grilled Cheese Sandwich*
 Yogurt & Cheez-Its*
 Protein Power Pack

Salisbury Steak & Gravy, Noodles, Garlic Toast **21**
 Pizza (Cheese* or Pepperoni)
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Orange Chicken with Rice **22**
 Chicken Nuggets
 Salad with Sunflower Seeds & Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack

Pizza (Cheese* or Pepperoni) **23**
 BBQ Chicken & Cornbread
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Pizza (Cheese* or Pepperoni) **26**
 Beef Hot Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Cheesy Bean Nachos*^{GF} **27**
 Fish Patty
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*
 Protein Power Pack

Chicken 'n Waffles **28**
 Corn Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack

Teriyaki Chicken with Rice **29**
 Chicken Nuggets
 Salad with Hardboiled Egg & Cheese*
 Yogurt & Cheez-Its*
 Protein Power Pack

Pizza (Cheese* or Pepperoni) **30**
 BBQ Pork Rib Sandwich
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack



For information about Poway Unified School District 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.

*Indicates meatless entrees.
 Indicates gluten free entrees.