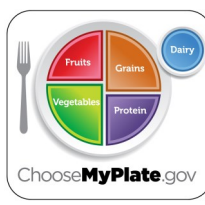




September
2019

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
Sept 9: Teriyaki Chicken with Chow Mein ----- Sept 16: Teriyaki Chicken Bowl ----- Sept 23: Orange Chicken with Rice	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeno cheese sauce over whole grain tortilla chips</i>	Sept 4 & 25: Pasta w/ Meat Sauce and Garlic Toast ----- Sept 11: Salisbury Steak, Noodles and Garlic Toast ----- Sept 18: Pasta w/ Meatballs and Garlic Toast	Sept 5 & 26: Chicken Tenders with Biscuit ----- Sept 12: Chicken Bowl with Dinner Roll ----- Sept 19: Chicken 'n Waffles	Sept 6 & 27: BBQ Chicken Flatbread ----- Sept 13: Mesquite BBQ Chicken with Cornbread ----- Sept 20: BBQ Pulled Pork Sandwich
Meatball Sub Sandwich	Turkey-Pepper Jack Panini	Fuego "Spicy" Chicken Wrap	Cheeseburger	Chili Dog (or Hot Dog)
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	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 Edamame Baked Tater Tots Fresh Cantaloupe Sliced Pears	Side Salad Baby Carrots Broccoli Florets Fresh Banana Mixed Fruit	Side Salad Baby Carrots Baked Tater Tots Fresh Orange Wedges <i>Frozen Fruit Cup:</i> Mixed Berry, Peach, Apricot, or Strawberry	Side Salad Baby Carrots Corn Kernels Fresh Grapes Sliced Peaches	Side Salad Grape Tomatoes Baked Tater Tots Fresh Nectarine Craisins

September Featured Produce: Cantaloupe

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