

POWAY UNIFIED SCHOOL DISTRICT

**On Campus Student Lunch Meals – October 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fruit (1/2 cup) &amp; Vegetable (1/2 cup):</b>				
Edamame  Frozen Fruit Cup <i>(Mixed Berry, Peach, Apricot, or Strawberry)</i>	Baby Carrots  Frozen Fruit Cup <i>(Mixed Berry, Peach, Apricot, or Strawberry)</i>	Broccoli Florets  Frozen Fruit Cup <i>(Mixed Berry, Peach, Apricot, or Strawberry)</i>	Baby Carrots  Frozen Fruit Cup <i>(Mixed Berry, Peach, Apricot, or Strawberry)</i>	Corn Kernels  Frozen Fruit Cup <i>(Mixed Berry, Peach, Apricot, or Strawberry)</i>
<b>Entree:</b>				
<b>String Cheese (or Cheese Cubes) with Sunflower Seeds &amp; Wheat Crackers</b>	<b>Turkey (or Turkey Ham) &amp; Cheese Deli Sandwich on Whole Wheat Bread</b> <i>(includes lettuce, tomato, pickles, mustard, and mayonnaise)</i>	<b>Ranch Chicken Salad with Whole Wheat Dinner Roll</b> <i>(grilled chicken breast or grilled chicken leg meat)</i>	<b>Turkey (or Turkey Ham) &amp; Cheese Deli Sandwich on Whole Wheat Hoagie Roll</b> <i>(includes lettuce, tomato, pickles, mustard, and mayonnaise)</i>	<b>Pizza Bento Box</b> <i>(whole grain flatbread, shredded mozzarella cheese, &amp; marinara sauce)</i>
<b>Select 1 milk:</b>				
Low Fat White Milk  Fat Free Choc. Milk	Low Fat White Milk  Fat Free Choc. Milk	Low Fat White Milk  Fat Free Choc. Milk	Low Fat White Milk  Fat Free Choc. Milk	Low Fat White Milk  Fat Free Choc. Milk

Alternate vegetarian entrées available daily: Yogurt, Sunflower Seeds, & Crackers OR Smucker’s Uncrustable (\*contains peanuts\*)