



Monday

Tuesday

Wednesday

Thursday

Friday



Lunch is FREE to all students!

Alternate Vegetarian Entrée Available Daily:
 Cheese, Yogurt, & Crackers*

Popcorn Chicken
 Baby Carrots
 Fresh Apple
 Milk

4

Cheesy Bean Nachos*
 Side Salad
 Fresh Orange
 Milk

5

Cheeseburger
 Cucumber Slices
 Frozen Fruit Cup
 Milk

6

Orange Chicken with Rice
 Edamame
 Fresh Banana
 Milk

7

Cheese Pizza*
 Jicama Sticks
 Applesauce Cup
 Milk

8

Grilled Cheese Sandwich*
 Baby Carrots
 Fresh Apple
 Milk

11

Macaroni & Cheese*
 Side Salad
 Fresh Orange
 Milk

12

Grilled Cheese Sandwich*
 Cucumber Slices
 Frozen Fruit Cup
 Milk

13

Homestyle Drumstick
 Edamame
 Fresh Banana
 Milk

14

Cheese Pizza*
 Jicama Sticks
 Applesauce Cup
 Milk

15

Cheesy Breadsticks with Marinara Sauce*
 Baby Carrots
 Fresh Apple
 Milk

18

Homestyle Drumstick
 Side Salad
 Fresh Orange
 Milk

19

Breaded Chicken Patty
 Cucumber Slices
 Frozen Fruit Cup
 Milk

20

Brunch 4 Lunch: French Toast & Sausage
 Edamame
 Fresh Banana
 Milk

21

Cheese Pizza*
 Jicama Sticks
 Applesauce Cup
 Milk

22

Popcorn Chicken
 Baby Carrots
 Fresh Apple
 Milk

25

Cheesy Bean Nachos*
 Side Salad
 Fresh Orange
 Milk

26

Cheeseburger
 Cucumber Slices
 Frozen Fruit Cup
 Milk

27

Orange Chicken with Rice
 Edamame
 Fresh Banana
 Milk

28

Cheese Pizza*
 Jicama Sticks
 Applesauce Cup
 Milk

29

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.

