



Monday

Tuesday

Wednesday

Thursday

Friday



Lunch is **FREE** to all students!
 All lunch meals include:
 -Whole grains
 -Lean Proteins
 -Fresh Fruits and Vegetables
 -Choice of Lowfat Plain or Nonfat Chocolate Milk

4
 Popcorn Chicken with Garlic Toast
 Grilled Cheese Sandwich*

5
 Cheesy Bean Nachos*^{GF}
 Chicken Nuggets

6
 Cheeseburger
 Bean & Cheese Burrito*

7
 Orange Chicken with Rice
 Bean & Cheese Burrito*

1
 Pizza Slice (cheese* or pepperoni)
 Yogurt, Sunflower Seeds, & Wheat Crackers*

8
 Mini Corn Dogs
 Yogurt, Sunflower Seeds, & Wheat Crackers*

11
 Beef Hot Dog
 Grilled Cheese Sandwich*

12
 Fish Patty
 Macaroni & Cheese*

13
 Corn Dog
 Grilled Cheese Sandwich*

14
 Homestyle Drumstick
 Yogurt & Cheez-Its*

15
 BBQ Pork Rib & Cornbread
 Yogurt, Sunflower Seeds, & Wheat Crackers*

18
 Cheesy Breadsticks with Marinara Sauce*
 Grilled Cheese Sandwich*

19
 Homestyle Drumstick
 Bean & Cheese Burrito*

20
 Breaded Chicken Sandwich
 Yogurt, Sunflower Seeds, & Wheat Crackers*

21
 Brunch 4 Lunch:
 French Toast & Sausage
 Macaroni & Cheese*

22
 Pizza Slice (cheese* or pepperoni)
 Yogurt, Sunflower Seeds, & Wheat Crackers*

25
 Popcorn Chicken with Garlic Toast
 Grilled Cheese Sandwich*

26
 Cheesy Bean Nachos*^{GF}
 Chicken Nuggets

27
 Cheeseburger
 Bean & Cheese Burrito*

28
 Orange Chicken with Rice
 Bean & Cheese Burrito*

29
 Mini Corn Dogs
 Yogurt, Sunflower Seeds, & Wheat Crackers*



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.

^V*Indicates meatless entrees.
^{GF}Indicates gluten free entrees.

