



**OCTOBER
2021**

Middle and High School Lunch

Lunch is **FREE** for
all students



PowayUSDNutrition.com

Includes choice of entrée (protein + whole grains), fruit and vegetable sides, and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 4 & 18: Orange Chicken with Rice ----- Oct 11 & 25: Teriyaki Chicken with Rice	Big Daddy's Pepperoni Stuffed Sandwich	Oct 6 & 20: Beef Hot Dog ----- Oct 13 & 27: Corn Dog	Oct 7 & 21: Chicken Tenders with Biscuit ----- Oct 14 & 28: Popcorn Chicken with Garlic Toast	Oct 1, 15, & 29: Cheeseburger ----- Oct 8 & 22: Breaded Chicken Patty Sandwich (regular or spicy)
Pizza Slice (Cheese or Pepperoni)		Bean & Cheese Burrito	Pizza Slice (Cheese or Pepperoni)	Bean & Cheese Burrito

DAILY ENTRÉE CHOICES:

Turkey & Cheese Deli Sandwich

Smuckers Uncrustable
(grape or strawberry)



LOCAL MILK CHOICES:

Low Fat (1%) White or
Fat Free Chocolate



Indicates a meatless entrée.
 Indicates a gluten free entrée.



FRUIT and VEGETABLE SIDES:
Choose at least 1/2 cup with your lunch.



Salad Bar Offerings May Include:

Side Salad	Edamame	Baby Carrots	Grape Tomatoes	Broccoli Florets
Baby Carrots	Baked Tater Tots	Jicama Sticks	Fresh Banana	Potato Wedges
Celery Sticks	Fresh Orange	Fresh Grapes	Fruit Juice	Fresh Nectarine
Fresh Apple	Dried Fruit	Frozen Fruit Cup		Applesauce Cup

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