



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
**Grilled Cheese Sandwich\***  
 Baby Carrots  
 Fresh Apple  
 Milk

**2**  
**Macaroni & Cheese\***  
 Side Salad  
 Fresh Orange  
 Milk

**3**  
**Grilled Cheese Sandwich\***  
 Cucumber Slices  
 Frozen Fruit Cup  
 Milk

**4**  
**Homestyle Drumstick**  
 Edamame  
 Fresh Banana  
 Milk

**5**  
**BBQ Pork Rib & Cornbread**  
 Celery Sticks  
 Applesauce Cup  
 Milk

**8**  
**Cheesy Breadsticks with Marinara Sauce\***  
 Baby Carrots  
 Fresh Apple  
 Milk

**9**  
**Bean & Cheese Burrito**  
 Side Salad  
 Fresh Orange  
 Milk

**10**  
**HOLIDAY MEAL**  
 Turkey with Gravy,  
 Mashed Potatoes, Dinner Roll,  
 Cranberry Sauce, &  
 Holiday Cookie

**11**  
 NO SCHOOL

**12**  
**Cheese Pizza\***  
 Celery Sticks  
 Applesauce Cup  
 Milk

**15**  
**Popcorn Chicken**  
 Baby Carrots  
 Fresh Apple  
 Milk

**16**  
**Chicken Nuggets**  
 Side Salad  
 Fresh Orange  
 Milk

**17**  
**Cheeseburger**  
 Cucumber Slices  
 Frozen Fruit Cup  
 Milk

**18**  
**Orange Chicken with Rice**  
 Edamame  
 Fresh Banana  
 Milk

**19**  
**Grilled Cheese Sandwich\***  
 Celery Sticks  
 Applesauce Cup  
 Milk

**22**

**23**

**24**

**25**

**26**

**THANKSGIVING BREAK!**

**29**  
**Grilled Cheese Sandwich\***  
 Baby Carrots  
 Fresh Apple  
 Milk

**30**  
**Macaroni & Cheese\***  
 Side Salad  
 Fresh Orange  
 Milk



Lunch is FREE to all students!  
 Alternate Vegetarian Entrée Available Daily:  
 Cheese, Yogurt, & Crackers\*

For information about Poway Unified School District meals, such as nutrition details, allergens, featured local produce, and more, visit [powayusdnutrition.com](http://powayusdnutrition.com). Remember to re-apply for free and reduced-price meal benefits each school year. To apply online, visit [myschoolapps.com](http://myschoolapps.com).

\*Indicates meatless entrees.  
 GF Indicates gluten free entrees.