



Monday

Tuesday

Wednesday

Thursday

Friday

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



7
Teriyaki Beef Dippers & Rice
 Side Salad
 Fresh Orange
 Milk

8
Breaded Chicken Sandwich
 Cucumber Slices
 Frozen Fruit Cup
 Milk

9
Brunch 4 Lunch: French Toast & Sausage
 Edamame
 Fresh Banana
 Milk

10
Cheese Pizza Slice*
 Jicama Sticks
 Applesauce Cup
 Milk

13
Cheesy Breadsticks with Marinara Dipping Sauce*
 Baby Carrots
 Fresh Apple
 Milk

14
Turkey & Cheese Deli Sandwich
 Side Salad
 Fresh Orange
 Milk

15
Grilled Cheese Sandwich*
 Cucumber Slices
 Frozen Fruit Cup
 Milk

16
Orange Chicken & Rice
 Edamame
 Fresh Banana
 Milk

17
Cheese Pizza Slice*
 Jicama Sticks
 Applesauce Cup
 Milk

20
Grilled Cheese Sandwich*
 Baby Carrots
 Fresh Apple
 Milk

21
Chicken Nuggets
 Side Salad
 Fresh Orange
 Milk

22
Cheeseburger
 Cucumber Slices
 Frozen Fruit Cup
 Milk

23
Homestyle Drumstick
 Edamame
 Fresh Banana
 Milk

24
Cheese Pizza Slice*
 Jicama Sticks
 Applesauce Cup
 Milk

27
PROFESSIONAL GROWTH DAY

NON-STUDENT DAY

28
Teriyaki Beef Dippers & Rice
 Side Salad
 Fresh Orange
 Milk

29
Breaded Chicken Sandwich
 Cucumber Slices
 Frozen Fruit Cup
 Milk

30
Brunch 4 Lunch: French Toast & Sausage
 Edamame
 Fresh Banana
 Milk

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.