











POWAY UNIFIED SCHOOL DISTRICT

# NOVEMBER

## 2011 ELEMENTARY SCHOOL LUNCH MENU

www.powayusd.com/nutrition

**Nov. 30: Students with November birthdays will receive a treat!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> <li>Chicken Strips</li> <li>Spaghetti with Meat Sauce</li> </ul> <p>▶ Garden Road</p>	2 <ul style="list-style-type: none"> <li>Cheese Pizza Wedge</li> <li>Chicken Patty Sandwich</li> </ul> <p>▶ Chaparral, Canyon View</p>	3 <ul style="list-style-type: none"> <li>Haystack - Ground Turkey, Beans, and Cheese on Corn Tortilla Chips</li> <li>Breaded Baked Chicken</li> </ul> <p>▶ Morning Creek, Del Sur</p>	4 <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Fish Sticks</li> </ul> <p>▶ Adobe Bluffs</p>
7 <ul style="list-style-type: none"> <li>Teriyaki Chicken with Steamed Rice</li> <li>Chicken Corn Dog</li> </ul>	8 <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Cheesy Bean Nachos - Beans and Cheese on Corn Tortilla Chips</li> </ul>	9 <p><b>Special Holiday Meal \$2.75</b></p>  <p>Turkey and Gravy with Mashed Potatoes, Holiday Cookie Treat (see below for details)</p>	10 <ul style="list-style-type: none"> <li>Brunch for Lunch: French Toast with Chicken Sausage</li> <li>Macaroni and Cheese</li> </ul> <p>▶ Midland</p>	11  <p><b>Veterans Day</b> <b>No School</b></p>
14 <ul style="list-style-type: none"> <li>Chicken Sticks</li> <li>Cheese Tortellini with Marinara Sauce</li> </ul>	15 <ul style="list-style-type: none"> <li>Cheese Pizza Wedge</li> <li>Turkey Hot Dog</li> </ul> <p>▶ Los Peñasquitos</p>	16 <ul style="list-style-type: none"> <li>Salisbury Steak with Gravy and Noodles</li> <li>Chicken Corn Dog</li> </ul>	17 <ul style="list-style-type: none"> <li>Orange Chicken with Steamed Rice</li> <li>Turkey Pizza Pocket</li> </ul> <p>▶ Monterey Ridge</p>	18 <ul style="list-style-type: none"> <li>Cheese Breadsticks with Marinara Sauce</li> <li>BBQ Pork Rib Sandwich</li> </ul>
21  <p><b>District Recess</b> <b>No School</b></p>	22  <p><b>District Recess</b> <b>No School</b></p>	23  <p><b>District Recess</b> <b>No School</b></p>	24  <p><b>Thanksgiving Day</b> <b>No School</b></p>	25  <p><b>District Recess</b> <b>No School</b></p>
28 <ul style="list-style-type: none"> <li>Pepperoni Pizza Strip</li> <li>Teriyaki Beef Dippers with Steamed Rice</li> </ul>	29 <ul style="list-style-type: none"> <li>Chicken Strips</li> <li>Spaghetti with Meat Sauce</li> </ul>	30 <p><b>Birthday Treat Day</b> </p> <ul style="list-style-type: none"> <li>Cheese Pizza Wedge</li> <li>Chicken Patty Sandwich</li> </ul> <p>▶ Sunset Hills, Painted Rock</p>	<p>Each School Lunch offers:</p> <ul style="list-style-type: none"> <li><b>Entrée</b> - Choice of Daily Specials (listed above) or Alternate Entrée Options: Bean and Cheese Burrito, Low-Fat Fruited Yogurt with Crackers, or Salad Choices with Crackers</li> <li><b>Self-Serve Salad Bar</b> - A Variety of Fruits and Vegetables</li> <li><b>Milk</b> - Low-Fat White or Non-Fat Chocolate</li> </ul>	

**Special Holiday Meal \$2.75 (Nov.9)**

Holiday Meal also offers Dinner Roll, Cranberry Sauce, Salad Bar, and Milk. Limited alternate entrée choices on Nov. 9th: Bean & Cheese Burrito, Salad Choices with Crackers, or Yogurt with Crackers

▶ **BIG DADDY'S PIZZA - \$2.75**   
 Served at designated schools in place of the regular entrées on the dates listed.  
 Look for the ▶ symbol.

Nutrition Nuggets Newsletter:  
 Available online in English and Spanish  
 www.powayusd.com/nutrition 