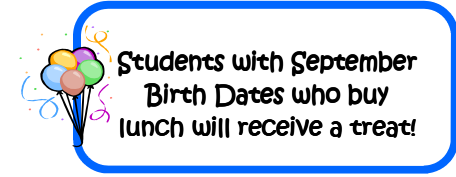




POWAY UNIFIED SCHOOL DISTRICT

# SEPTEMBER

## 2011 ELEMENTARY SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Alternate Entrée Items offered every day:</p> <ul style="list-style-type: none"> <li>• Bean and Cheese Burrito</li> <li>• Low-Fat Fruited Yogurt with Crackers</li> <li>• Elementary Salad Choices with Crackers</li> </ul>		<p><b>New Meal Prices</b></p> <p>Student Lunch \$2.50            Reduced Lunch \$0.40            Milk , Juice, Bottled Water \$0.50</p>	<ul style="list-style-type: none"> <li>• Breaded Baked Chicken 1</li> <li>• Haystack - Ground Turkey, Beans, and Cheese on Corn Tortilla Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeseburger 2</li> <li>• Fish Sticks</li> </ul>
<p><i>Labor Day</i></p> <p><b>No School</b></p>	<p>5</p> <ul style="list-style-type: none"> <li>• Chicken Nuggets 6</li> <li>• Cheesy Bean Nachos - Beans and Cheese on Corn Tortilla Chips</li> </ul> <p>▶ Canyon View</p>	<p><i>Fresh Bake Cookie Day</i></p> <p>7</p> <ul style="list-style-type: none"> <li>• Pepperoni Pizza Wedge</li> <li>• BBQ Chicken Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni and Cheese 8</li> <li>• Brunch for Lunch: Egg Dipped Cinnamon Glazed French Toast with Chicken Sausage</li> </ul> <p>▶ Chaparral, Del Sur, Midland, Pomerado</p>	<ul style="list-style-type: none"> <li>• Grilled Cheese Sandwich 9</li> <li>• Super Taco - Ground Turkey and Cheese in a Taco Shell</li> </ul> <p>▶ Deer Canyon</p>
<ul style="list-style-type: none"> <li>• Chicken Sticks 12</li> <li>• Cheese Tortellini with Marinara Sauce</li> </ul> <p>▶ Garden Road</p>	<p>13</p> <ul style="list-style-type: none"> <li>• Turkey Hot Dog</li> <li>• Cheese Pizza Wedge</li> </ul> <p>▶ Los Penasquitos</p>	<p>14</p> <ul style="list-style-type: none"> <li>• Salisbury Steak with Gravy and Noodles</li> <li>• Chicken Corn Dog</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Pizza Pocket 15</li> <li>• Orange chicken with Steamed Rice</li> </ul> <p>▶ Painted Rock , Monterey Ridge, Highland Ranch</p>	<ul style="list-style-type: none"> <li>• BBQ Pork Rib Sandwich 16</li> <li>• Cheese Breadsticks with Marinara Sauce</li> </ul> <p>▶ Valley and Adobe Bluffs</p>
<ul style="list-style-type: none"> <li>• Pepperoni Pizza Strip 19</li> <li>• Teriyaki Beef Dippers with Steamed Rice</li> </ul> <p>▶ Tierra Bonita</p>	<p><i>Fresh Bake Cookie Day</i></p> <p>20</p> <ul style="list-style-type: none"> <li>• Chicken Strips</li> <li>• Spaghetti with Meat Sauce</li> </ul> <p>▶ Sunset Hills</p>	<p>21</p> <ul style="list-style-type: none"> <li>• Cheese Pizza Wedge</li> <li>• Chicken Patty Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• Breaded Baked Chicken 22</li> <li>• Haystack - Ground Turkey, Beans, and Cheese on Corn Tortilla Chips</li> </ul> <p>▶ Turtleback, Stone Ranch, Shoal Creek</p>	<ul style="list-style-type: none"> <li>• Cheeseburger 23</li> <li>• Fish Sticks</li> </ul> <p>▶ Sundance</p>
<p><i>Professional Growth Day</i></p> <p><b>- No School -</b></p>	<p>27</p> <ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Cheesy Bean Nachos - Beans and Cheese on Corn Tortilla Chips</li> </ul> <p>▶ Rolling Hills</p>	<p>28</p> <ul style="list-style-type: none"> <li>• Pepperoni Pizza Wedge</li> <li>• BBQ Chicken Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni and Cheese 29</li> <li>• Brunch for Lunch: Egg Dipped Cinnamon Glazed French Toast with Chicken Sausage</li> </ul> <p>▶ Westwood, Willow Grove, Morning Creek</p>	<p><i>Birthday Treat Day</i></p> <p>30</p> <ul style="list-style-type: none"> <li>• Super Taco - Ground Turkey and Cheese in a Taco Shell</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>▶ Park Village</p>

Each School Lunch offers:

- Entrée—Choice of Daily Entrées or Alternate Entrée
- Self-Serve Salad Bar— Variety of Fruits & Vegetables



**BIG DADDY'S PIZZA - \$2.75**

Served at designated schools in place of the daily entrées on the dates listed. Look for the ▶ symbol.



Menus subject to changes—Notice given when possible. This institution is an equal opportunity provider.



**Nutrition Nuggets Newsletter:**  
 Available online in English & Spanish