

Poway Unified School District

SEPTEMBER

Middle and High School Lunch Menu

2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pork Rib Sandwich with Sun Chips	Meatball Sub Sandwich	Chicken Fajita Gordita	Salisbury Steak with Gravy and Noodles	Orange Chicken with Steamed Rice
Chicken Patty Sandwich with Sun Chips	Spicy Chicken Patty Sandwich with Sun Chips	Chicken Patty Sandwich with Sun Chips	Spicy Chicken Patty Sandwich with Sun Chips	Cheeseburger
Big Daddy's Harvest Crust Pizza, Cheese	Big Daddy's Harvest Crust Pizza, Pepperoni	Big Daddy's Harvest Crust Pizza, Cheese	Big Daddy's Harvest Crust Pizza, Pepperoni	Big Daddy's Harvest Crust Pizza, Cheese
Turkey and Cheese Sandwich with Sun Chips	Tuna Sub Sandwich with Sun Chips	Pastrami and Cheese Sandwich with Sun Chips	Turkey and Cheese Sandwich with Sun Chips	Tuna Sub Sandwich with Sun Chips
Spicy Asian Chicken Salad	Parmesan Chicken Salad	Spicy Asian Chicken Salad	Parmesan Chicken Salad	Spicy Asian Chicken Salad
Bean and Cheese Burrito	Bean and Cheese Burrito	Bean and Cheese Burrito	Bean and Cheese Burrito	Bean and Cheese Burrito
Corn Dog	Hot Dog	Turkey Pizza Pocket	Hot Dog	Corn Dog
Yogurt and Crackers	Yogurt and Crackers	Yogurt and Crackers	Yogurt and Crackers	Yogurt and Crackers



Try
Big Daddy's Harvest Crust Pizza
 Cheese or Pepperoni
 Delicious!



FRUIT AND VEGETABLE BAR (SIDE ITEMS)

Fruit selections vary depending on the day (see below).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Greens	Salad Greens	Salad Greens	Salad Greens	Salad Greens
Carroteenies	Carroteenies	Carroteenies	Carroteenies	Carroteenies
Cole Slaw	Broccoli Salad	Cole Slaw	Broccoli Salad	Edamame
Raisins	Peach Cup	Raisins	Apricot Cup	Raisins
Fresh Apple	Fresh Banana	Kiwi Fruit	Orange Wedges	Fresh Apple

Daily Milk Choices: 1% Low-Fat White and Non-Fat Chocolate or Strawberry

With each full lunch meal we offer:
 Choice of Entrée, Side Dish Items
 (a variety of fruits and vegetables), and Milk Choices.

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