

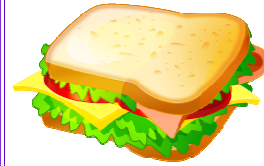


Poway Unified School District

**JANUARY
2012**

Middle and High School Lunch Menu

For more info, visit:
www.powayusd.com/nutrition



A complete school lunch offers: Choice of Entrée, Fruits and Vegetables, and Milk.
Complete Lunch Meal: \$3.00 / Reduced Price: \$0.40

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	NEW! Chicken Fajita Salad	Spicy Asian Chicken Salad	NEW! Chicken Fajita 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 Animal Crackers	Yogurt and Animal Crackers	Yogurt and Animal Crackers	Yogurt and Animal Crackers	Yogurt and Animal Crackers

Milk Choices: Low-Fat (1%) White or Non-Fat Chocolate

Want to get a healthy start to the new year?

Try our daily specialty salad entrée or yogurt entrée with animal crackers. Don't forget low-fat milk and plenty of fruits and veggies to round out your meal!



FRUIT AND VEGETABLE BAR

May select any or all fruits and vegetables.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Greens	Salad Greens	Salad Greens	Salad Greens	Salad Greens
Carroteenies	Carroteenies	Carroteenies	Carroteenies	Carroteenies
Coleslaw	Celery Sticks	Coleslaw	Broccoli Salad	Edamame
Fruit & Nut Mix	Applesauce Cup	Fruit & Nut Mix	Peach Cup	Fruit & Nut Mix
Fresh Apple	Fresh Banana	Orange Wedges	Fresh Apple	Orange Wedges

Menu subject to change; notice given when possible. This institution is an equal opportunity provider.