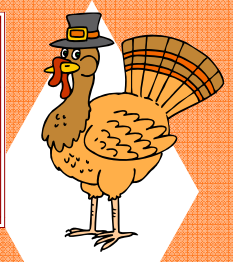


Poway Unified School District

NOVEMBER 2011

Middle and High School Lunch Menu

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



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



Nov. 9 - Special Holiday Meal \$3.25
 Turkey and Gravy, Mashed Potatoes, Dinner Roll, Cranberry Sauce, Holiday Cookie, Fruit and Vegetable Sides, & Milk (with limited alternate entrees available)

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

FRUIT AND VEGETABLE BAR (SIDE ITEMS)
 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
Cole Slaw	Broccoli Salad	Cole Slaw	Broccoli Salad	Edamame
Fruit & Nut Mix	Peach Cup	Fruit & Nut Mix	Apricot Cup	Fruit & Nut Mix
Fresh Apple	Fresh Banana	Kiwifruit Wedges	Orange Wedges	Fresh Apple

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

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