




## Powers Elementary August 2020 Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</b>	<i>Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>	<b>ALLERGENS:</b> * = <i>gluten</i> ^ = <i>egg</i> % = <i>dairy</i> <b>These are ONLY a guide</b>	Peanut-free only items will be offered. However, some items may have been processed in the same manufacturing plant as all nuts.	Please visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to add money to your child's account, and to complete the Free & Reduced-price Application.
10	11	12	13	14
	18	19	20	21
24	25	26	27	28
			Domino's Pizza *% Fresh Veggies w/hummus Applesauce Milk % 	WG Quesadilla*% Sweet Corn Seasoned Broccoli Fresh Fruit Milk %
31	September 1	September 2	September 3	September 4
Mini Corn Dogs *^ Comet Star Fries Dragon Punch Fruit Cocktail Milk %	Cheeseburger on a bun *% Sweet Potato Fries Baked Beans Diced Pears Milk %	WG Chicken Tenders * Sweet Corn Mashed Potatoes Diced Peaches Milk %	Pizza Hut Pizza *% Fresh Veggies w/hummus Applesauce Milk % 	Toasted Cheese Sandwich *% Celery Sticks, Green & Red Peppers w/Ranch%^ Fruit Cocktail Milk %

USDA is an equal opportunity provider and employer

Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:

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