

Breakfast and Lunch are served at **NO COST** to all PUSD students.

Offered Daily: Selection of ONE of the Choices listed.
Includes: Fresh Salad Bar and Variety of Milks

October 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Choose MyPlate.gov</p>	<p>1</p> <p>Nachos Chef Salad Turkey Ham & Cheese Sandwich PB & J Sandwich Yogurt Parfait</p>	<p>2</p> <p>Café Famous Bowl Chef Salad Turkey Ham & Cheese Sandwich PB & J Sandwich</p>	<p>3</p> <p>Pizza Chef Salad Turkey Ham & Cheese Sandwich PB & J Sandwich Yogurt Parfait</p>	<p>4</p> <p>Taco Day Chef Salad Turkey Ham & Cheese Sandwich PB & J Sandwich</p>
<p>7</p> <p>Teriyaki Chicken Bowl Chicken Caesar Salad Chicken Salad Sandwich PB & J Sandwich</p>	<p>8</p> <p>Chicken Fajita Bowl Chicken Caesar Salad Chicken Salad Sandwich PB & J Sandwich Yogurt Parfait</p>	<p>9</p> <p>Chicken N' Waffles Chicken Caesar Salad Chicken Salad Sandwich PB & J Sandwich</p>	<p>10</p> <p>Pasta Bar Chicken Caesar Salad Chicken Salad Sandwich PB & J Sandwich Yogurt Parfait</p>	<p>11</p> <p>Pollo Loco Style Chicken Bowl Chicken Caesar Salad Chicken Salad Sandwich PB & J Sandwich</p>
<p>14</p> <p>Orange Chicken Blossom Bowl Southwest BBQ Chicken Salad Turkey & Cheese Sandwich PB & J Sandwich</p>	<p>15</p> <p>Nachos Southwest BBQ Chicken Salad Turkey & Cheese Sandwich PB & J Sandwich Yogurt Parfait</p>	<p>16</p> <p>Café Famous Bowl Southwest BBQ Chicken Salad Turkey & Cheese Sandwich PB & J Sandwich</p>	<p>17</p> <p>Pizza Southwest BBQ Chicken Salad Turkey & Cheese Sandwich PB & J Sandwich Yogurt Parfait</p>	<p>18</p> <p>Carnitas Taco Southwest BBQ Chicken Salad Turkey & Cheese Sandwich PB & J Sandwich</p>
<p>21</p> <p>Teriyaki Chicken Bowl Chinese Chicken Salad Tuna Salad Sandwich PB & J Sandwich</p>	<p>22</p> <p>Chicken N' Waffles Chinese Chicken Salad Tuna Salad Sandwich PB & J Sandwich</p>	<p>23</p> <p>Papa John's Pizza Chinese Chicken Salad Tuna Salad Sandwich PB & J Sandwich</p>	<p>24</p> <p>Pasta Bar Chinese Chicken Salad Tuna Salad Sandwich PB & J Sandwich</p>	<p>25</p> <p>Pollo Loco Style Chicken Bowl Chinese Chicken Salad Tuna Salad Sandwich PB & J Sandwich</p>
<p>28</p> <p>Orange Chicken Blossom Bowl Chef Salad Turkey Ham & Cheese Sandwich</p>	<p>29</p> <p>Nachos Chef Salad Turkey Ham & Cheese Sandwich PB & J Sandwich Yogurt Parfait</p>	<p>30</p> <p>Chicken Fajita Burrito Chef Salad Turkey Ham & Cheese Sandwich PB & J Sandwich</p>	<p>31</p> <p>Papa John's Pizza Chef Salad Turkey Ham & Cheese Sandwich PB & J Sandwich Yogurt Parfait</p>	

Menu Subject to Change

Grades: 9-12

SNACK BAR & CRUISER CART MENU

**STEP 1:
SELECT 1
ENTREE**



- 1. Cheeseburger
- 2. Spicy Chicken Burger
- 3. Chicken Burger
- 4. Bean & Cheese Burrito
- 5. Papa John's Pizza (Tuesdays & Thursdays ONLY)
- 6. Featured Entree Salad
- 7. Featured Deli Sandwich
- 8. Peanut Butter & Jelly Sandwich



**STEP 2: MUST
CHOOSE FRUIT,
VEGETABLE OR ALL!**

- 1. Fries
- 2. Side Salad
- 3. Carrot Bites
- 4. Seasonal Fruit
- 5. 100% Fruit Juice



**OPTIONAL:
MILK**

- 1. 1% White Milk
- 2. Fat Free Chocolate Milk