



Poway Unified School District – Food and Nutrition Department
 Wednesday, November 10, 2021 & Wednesday, December 15, 2021



Special Holiday Lunch ~ FREE

Nutrient Information and Presence of Top 8 Allergens

Menu Item	Portion Size	Nutrient Content	Top 8 Allergens
Turkey with Gravy	3.2 oz	125 calories 2 g carbohydrate 5 g total fat 1.5 g saturated fat 19 g protein	Soy
Mashed Potatoes	½ cup	85 calories 16 g carbohydrate 1 g total fat 0 g saturated fat 2 g protein	Milk
Dinner Roll (Galasso's)	1 each	80 calories 17 g carbohydrate 1 g total fat 0 g saturated fat 3 g protein	Wheat, Soy
Cranberry Sauce	¼ cup	110 calories 28 g carbohydrate 0 g total fat 0 g saturated fat 0 g protein	None
Holiday Cookie (Fat Cat)	1 each	150 calories 24 g carbohydrate 5 g total fat 1.5 g saturated fat 2 g protein	Milk, Soy, Wheat, Egg

Nutrient and allergen information is based on manufacturers' information at the time of this revision. Menus and ingredients subject to change without notice. Poway Unified School District is an equal opportunity provider and employer. Revised 11/9/2021