

# Quaker Valley Secondary Menu

Lunch Prices for the  
2018-2019 school year:



A complete lunch is \$2.90  
An a la carte lunch entrée is \$3.00  
A complete **Premium** lunch is \$3.75  
Premium a la carte is \$3.85  
**\*A complete meal includes choice of 2 fruits and 2 veggies and choice of low fat milk.**

## MEATLESS MONDAY

JOIN THE MILLIONS! **Meatless Mondays:**

QVSD is joining the global movement to make **positive changes** for a **healthier lifestyle**. Look for the **V**.

Additional items are available for an extra charge of:

### A la carte lunch items:

Side of Fruit or Veggies - \$.75

Side of Grain - \$.85 (rice, pasta, bread, or roll as side)

### Beverages:

Milk - \$.85

100% Fruit Juice - \$.75

Nestle Bottled Water - \$1.00

Naked Juice - \$2.25

Switch 100% Fruit Juice - \$1.50

### Wellness Friendly Snacks:

Yoplait Light Yogurt - \$1.25

Yogurt Parfait - \$1.50

String Cheese Stick - \$.85

Small Snack - \$.75

Large Snack - \$1.00

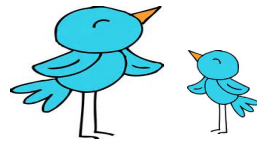
### Special Treats:







Cookie - \$.50

Ice Cream or Dessert - \$1.00

Parents can access their child's café balance, deposit funds, and set up recurring payments at [www.myschoolbucks.com](http://www.myschoolbucks.com).

Reference our updated Food Policy at: [www.qvsd.org](http://www.qvsd.org)



| Meatless Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <b>April 1</b>  | <b>April 2</b>   | <b>April 3</b>  | <b>April 4</b>   | <b>April 5</b>   |
| Mrs. T's Pittsburgh Pierogis with Warm Breadstick<br>Oven Roasted Veggies<br>Choice of Fruit<br>Choice of Milk                              | Mashed Potato Bowl<br>Breadstick<br>(Crispy Chicken, Cheese, over Mashed Potatoes & Gravy)<br>Golden Corn<br>Choice of Fresh Fruit<br>Choice of Milk | <b>*Premium Meal*</b><br>Teriyaki Steak<br>Rice Bowl<br>Sunshine Carrots<br>Choice of Fresh Fruit<br>Choice of Milk   | <b>*Premium Meal*</b><br>BBQ Chicken<br>Nacho Supreme<br>Seasoned Broccoli<br>Choice of Fresh Fruit<br>Choice of Milk                          | Italian Meatball Hoagie<br>Spicy Curly Fries<br>Choice of Fresh Fruit<br>Choice of Milk  |
| <b>April 8</b>  | <b>April 9</b>   | <b>April 10</b>   | <b>April 11</b>  | <b>April 12</b>  |
| <b>V</b> Classic Toasted Cheese Sandwich<br>Tomato Soup<br>Super Sweet Peas<br>Choice of Fresh Fruit<br>Choice of Milk                      | <b>*Premium Meal*</b><br>Oriental Chicken Wrap<br>Sweet Potato Tots<br>Choice of Fresh Fruit<br>Choice of Milk                                       | <b>*Premium Meal*</b><br>Pittsburgh Grilled Chicken Salad<br>Breadstick<br>Black Bean Salsa<br>Mixed Up Veggies<br>Choice of Fresh Fruit<br>Choice of Milk                                      | <b>*Premium Meal*</b><br>Brenda's Homemade BBQ Pulled Pork Nachos<br>Cole Slaw<br>Seasoned Broccoli<br>Choice of Fresh Fruit<br>Choice of Milk | Pittsburgh Steak Hoagie<br>Oven Fries<br>Sunshine Carrots<br>Choice of Fresh Fruit<br>Choice of Milk                                     |
| <b>April 15</b>   | <b>April 16</b>  | <b>April 17</b>   | <b>April 18</b>  | <b>April 19</b>  |
| <b>V</b> French Toast Sticks<br>Go Big Yogurt & String Cheese<br>Potato Tots<br>Sunshine Carrots<br>Choice of Fresh Fruit<br>Choice of Milk | Italian Chicken Parmesan Wrap<br>Golden Corn<br>Choice of Fresh Fruit<br>Choice of Milk  | <b>*Earth Day Meal*</b><br>Zoo Nuggets<br>Soft Pretzel Sticks<br>Mashed Potatoes with Gravy<br>Safari Sweet Peas<br>Choice of Ferocious Fruit<br>Choice of Monkey Milk<br><b>*Tulip Cookie*</b> | <b>NO SCHOOL</b><br>  | <b>NO SCHOOL</b><br>                                  |
| <b>April 22</b>   | <b>April 23</b>  | <b>April 24</b>   | <b>April 25</b>  | <b>April 26</b>  |
| <b>NO SCHOOL</b><br><br><b>HAPPY EARTH DAY</b>           | <b>*Premium Meal*</b><br>Rock-N-Roll<br>BBQ Chicken Wrap<br>BBQ Baked Beans<br>Golden Corn<br>Choice of Fresh Fruit<br>Choice of Milk                | Famous Philly Cheese steak<br>Mixed Veggies<br>Choice of Fresh Fruit<br>Choice of Milk  | <b>*Premium Meal*</b><br>Brenda's Homemade BBQ Pulled Pork Nachos<br>Cole Slaw<br>Seasoned Broccoli<br>Choice of Fresh Fruit<br>Choice of Milk | <b>*Premium Meal*</b><br>Sweet Beef Ramen<br>Noodle Bowl<br>Surf's Up Veggies<br>Waffle Fries<br>Choice of Fresh Fruit<br>Choice of Milk |
| <b>April 29</b>   | <b>April 30</b>  |   |  |  |
| <b>V</b> Macaroni and Cheese<br>Warm Soft Pretzel<br>Green Beans<br>Garden Salad<br>Choice of Fresh Fruit<br>Choice of Milk                 | <b>*Premium Meal*</b><br>Fire It Up Buffalo Chicken Wrap<br>Black Bean Salsa<br>Golden Corn<br>Choice of Fresh Fruit<br>Choice of Milk               |    |   |   |

USDA is an equal opportunity provider and employer.

If you have any lunch questions or to restrict your child's account for beverages, snacks, or a la carte items please contact: Cathryn Mannerino at 412-749-5089.  
The café is looking for energetic people who love working with kids! Please call Carla Escribano at 412-749-3610 to inquire about open positions in our café!

