

Quaker Valley Elementary Menu

February

Lunch Prices for 2018-2019



A complete lunch is \$2.90

An a la carte lunch entrée is \$3.00

*A complete meal includes choice of 2 fruits and 2 veggies and choice of low fat milk

MEATLESS MONDAY
- JOIN THE MILLIONS -

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

The following Alternative meals are served daily for \$2.90:

- Garden Salad -Baked Potato -PB&J
- Bagel and Yogurt -Grilled or Crispy Chicken Salad
- Grilled or Crispy Chicken Sandwich on a Wheat Bun

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



Small Bottle of Water - \$.85



Large Bottle of Water - \$1.00



Wellness Friendly Snacks:

Trix Yogurt - \$1.00



String Cheese Stick - \$.85



Small Snack - \$.75 Large Snack - \$1.00



Special Treats:

Low Fat/Low Sugar Cookie - \$.50






Low Fat/Low Sugar 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.

*Please check out the Café tab on the QVSD website for interesting nutrition information, Free and Reduced Meal Applications, and photos of the delicious food we are serving your children!

Reference our updated Food Policy at: www.qvsd.org

USDA is an equal opportunity provider and employer.

| Meatless Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | | | | C February 1 |
| celebrate BLACK history MONTH | | |  | *Super Bowl Meal* Touch Down Nuggets Super Star Soft Pretzel Off Sides Oven Fries Penalty Peas Choice of Fumble Fruit Choice of Interception Milk *Football Cookie* |
| D February 4 | A February 5 | B February 6 | C February 7 | D February 8 |
| V Cheese Ravioli with Marinara Sauce Garlic Breadstick Sunshine Carrots Choice of Fresh Fruit Choice of Milk | Wild Walking Taco (Seasoned Beef, Cheese, Toppings, Baked Doritos) Black Beans/Golden Corn Choice of Fresh Fruit Choice of Milk | Chicken Tenders Assorted Sauces Warm Dinner Roll Sunshine Carrots Emoji Smiley Fries Choice of Fresh Fruit Choice of Milk | Italian Pasta with Meat/ Marinara Sauce Garlic Breadstick Big and Strong Broccoli Choice of Fresh Fruit Choice of Milk | Classic Toasted Cheese Sandwich Tomato Soup Super Sweet Peas Choice of Fresh Fruit Choice of Milk |
| A February 11 | B February 12 | C February 13 | D February 14 | A February 15 |
| V Warm Mozzarella Bosco Sticks Giant green Beans Choice of Fresh Fruit Choice of Milk | Super Nacho Grande Boat (Seasoned Beef, Cheese, Toppings, Corn Nacho Chips) Black Beans/Golden Corn Choice of Fresh Fruit Choice of Milk | Popcorn Chicken Warm Biscuit Mashed Potatoes with Gravy Surf's Up Veggies Choice of Fresh Fruit Choice of Milk | *Valentine's Day Meal* Love Me Tenders Sweet Heart Soft Pretzel Melt My Heart Mashed Potatoes with Gravy Sweet Peas Choice of Forget Me Not Fruit Choice of Valentine Milk *Cupid Cookie* | KASA Cheese OR Pepperoni Pizza Giant Green Beans Choice of Fresh Fruit Choice of Milk |
| February 18 | B February 19 | C February 20 | D February 21 | A February 22 |
| NO SCHOOL  | Power Up Cheese Burger on a Bun OR Epic Corn Dog Magical Baked Beans Oven Fries Choice of Fresh Fruit Choice of Milk | Teriyaki BBQ Chicken with Brown Rice Sunshine Carrots Choice of Fresh Fruit Choice of Milk *Fortune Cookie* | Italian Pasta with Meat/ Marinara Sauce Garlic Breadstick Big and Strong Broccoli Choice of Fresh Fruit Choice of Milk | KASA Cheese OR Pepperoni Pizza Giant Green Beans Choice of Fresh Fruit Choice of Milk |
| B February 25 | C February 26 | D February 27 | A February 28 |  |
| V French Toast Sticks Trix Yogurt & Mozzarella Cheese Stick Sunshine Carrots Tater Tots Choice of Fresh Fruit Choice of Milk | Super Nacho Grande Boat (Seasoned Beef, Cheese, Toppings, Corn Nacho Chips) Black Bean Salsa Golden Corn Choice of Fresh Fruit Choice of Milk | Chicken Tenders Assorted Sauces Warm Dinner Roll Super Sweet Peas Choice of Fresh Fruit Choice of Milk | V Italian Pasta with Meat/ Marinara Sauce Garlic Breadstick Big and Strong Broccoli Choice of Fresh Fruit Choice of Milk | |



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

