

Quaker Valley Elementary Menu

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

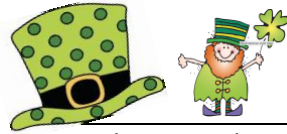
Low Fat/Low Sugar Ice Cream or Dessert - \$1.00

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.



March



Meatless Monday	Tuesday	Wednesday	Thursday	Friday
				March 1
				NO SCHOOL
March 4-8, 2019 #NSBW19 #schoolbreakfast				
March 4	March 5	B March 6	C March 7	D March 8
NO SCHOOL Parent Teacher Conferences 	NO SCHOOL Parent Teacher Conferences 	Crispy Chicken Nuggets Warm Dinner Roll Mashed Potatoes with Gravy Mixed Up Veggies 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	KASA Cheese OR Pepperoni Pizza Surf's Up Veggies Garden Salad Choice of Fresh Fruit Choice of Milk
A March 11	B March 12	C March 13	D March 14	March 15
✓ 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	* St. Patrick's Day Meal * Shamrock Nuggets 4 Leaf Clover Soft Pretzel Lucky Broccoli Choice of Rainbow Fruit Choice of Magical Milk *Pot of Gold Cookie*	NO SCHOOL
Spring Break! March 15th through March 24th				
		"Eat Right! Live Right! Feel Right! Encourage your children to make great nutrition choices. Check out www.eatright.org for fun tips!		
March is National Nutrition Month 				
A March 25	B March 26	C March 27	D March 28	A March 29
✓ Macaroni and Cheese Warm Soft Pretzel Super Sweet Peas Choice of Fresh Fruit Choice of Milk	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 Fried 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



- 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 412-749-5089.
- 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!

