

# 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
				March 1
				<b>NO SCHOOL</b> 
<b>March 4-8, 2019 #NSBW19 #schoolbreakfast</b>				
March 4	March 5	March 6	March 7	March 8
<b>NO SCHOOL</b> Parent Teacher Conferences 	<b>NO SCHOOL</b> Parent Teacher Conferences 	<b>*Premium Meal*</b> Pittsburgh Grilled Chicken Salad Breadstick Black Bean Salsa Mixed Veggies Choice of Fresh Fruit Choice of Milk	<b>*Premium Meal*</b> Brenda's Homemade BBQ Pulled Pork Nachos Cole Slaw Seasoned Broccoli Choice of Fresh Fruit Choice of Milk	Pittsburgh Steak Hoagie Oven Fries Sunshine Carrots Choice of Fresh Fruit Choice of Milk
March 11	March 12	March 13	March 14	March 15
✓ Macaroni and Cheese Warm Soft Pretzel Green Beans Garden Salad Choice of Fresh Fruit Choice of Milk	<b>*Premium Meal*</b> Fire It Up Buffalo Chicken Wrap Black Bean Salsa Golden Corn Choice of Fresh Fruit Choice of Milk	<b>*Premium Meal*</b> Grilled Chicken Alfredo Garlic Breadstick Seasoned Broccoli Choice of Fresh Fruit Choice of Milk	<b>*St. Patrick's Day Meal*</b> Shamrock Nuggets 4 Leaf Clover Soft Pretzel Lucky Broccoli Choice of Rainbow Fruit Choice of Magical Milk *Pot of Gold Cookie*	<b>NO SCHOOL</b> 
<b>Spring Break! March 15<sup>th</sup> through March 24<sup>th</sup></b>				
		"Put your best fork forward!" Encourage your children to make great nutrition choices. Check out <a href="http://www.eatright.org">www.eatright.org</a> for fun tips!		<b>March is National Nutrition Month</b> 
March 25	March 26	March 27	March 28	March 29
✓ French Toast Sticks Go Big Yogurt & String Cheese Potato Tots Sunshine Carrots Choice of Fresh Fruit Choice of Milk	Italian Chicken Parmesan Wrap Golden Corn Choice of Fresh Fruit Choice of Milk	Crispy Chicken Tenders Warm Breadstick Mixed Veggies Choice of Fresh Fruit Choice of Milk	<b>*Premium Meal*</b> Super Nacho Supreme Steamed Broccoli Choice of Fresh Fruit Choice of Milk	Italian Meatball Hoagie Emoji Smiley Fries Choice of Fresh Fruit 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: 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!

