



The Queen City Academy Charter School
February 2014 Lunch Menu

Please circle the days your child will be having lunch.

Name: _____ Grade: _____

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>			
3 W.G Chicken Nuggets 5ea Whole Wheat Mountain Roll 1ea Broccoli 3/4C Fresh Apple 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea	4 WW Macaroni and Cheese 6oz WW Mountain Roll 1ea Whole Baby Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	5 Grilled Chicken w/ BBQ Sauce 3oz Whole Wheat Mountain Roll 1ea Maple Baked Beans 3/4 Cup Fresh Orange 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	6 2 Ground Turkey Tacos 1.25oz each Ground Turkey Taco Meat 2.5oz Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Salsa 1/4 Cup Corn 1/2 Cup Whole Wheat Bread 1ea 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	7 (Boxed Lunch Day) Turkey and Swiss on a WW Kaiser Roll 3oz Celery Sticks 3/4 Cup Ranch Dressing 1ea Apple Sauce Cup 1/2Cup 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Mayo 1ea PC Mustard 1ea
10 All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Maple Baked Beans 3/4 Cup Apple Sauce Cup 1/2C 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea PC Mustard 1ea	11 Penne w/ Marinara Sauce 6oz Meatballs w/ Sauce 2ea Italian Bread 1sl Honey Glazed Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	12 Herb Rubbed Baked Chicken Leg 3oz Whole Wheat Mountain Roll 1ea Garden Salad 1 1/4 Cup PC Italian Dressing 1ea Pineapples 1/2 Cup 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	13 Meatloaf w/ Gravy 3oz Whole Wheat Biscuit 2 oz Broccoli 3/4C 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	<i>No Lunch</i>
<i>No Lunch</i>	18 Homemade Baked Ziti 6oz Italian Bread 1sl Sliced Carrots 3/4 Cup Fresh Apple 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	19 Baked Chicken Patty 3.1oz Whole Wheat Hamburger Bun 1ea Cowboy Baked Beans 3/4 Cup Fruit Cocktail 1/2 Cup 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea	20 Meatballs w/ Marinara Sauce 3oz -3ea Whole Wheat Hero Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	21 Whole Wheat Pizza 1ea Garden Salad 1 1/4 Cup PC Italian Dressing 1ea Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz
24 Sliced Turkey w/ Gravy 3oz Whole Wheat Biscuit 2 oz Broccoli 3/4C Fruit Cocktail 1/2 Cup 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	25 Linguini w/ Marinara Sauce 6oz Meatballs w/ Sauce 2ea Whole Wheat Mountain Roll 1ea Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	26 Baked Chicken Leg w/ BBQ Sauce 3oz Whole Wheat Mountain Roll 1ea Cowboy Baked Beans 3/4 Cup Fresh Apple 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	27 Nachos 1oz Ground Turkey Taco Meat 2.5oz Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Salsa 1/4 Cup Corn 1/2 Cup Whole Wheat Bread 1ea 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	28 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz

	Cost Per Meal	Cost For Month	Amount Purchasing	Amount Paid
Full Price	\$2.85	\$51.30	_____	_____
Reduced Price	\$0.40	\$7.20	_____	_____

Please check here if you have paid online _____

PLEASE PAY FOR ALL MEALS IN ADVANCE OF PURCHASE

Don't forget, meals can be paid online by going to www.mypaymentsplus.com