



The Queen City Academy Charter School
May 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1[C-Day] Boxed Lunch Day 1ea Roast Beef and Swiss on a WW Kaiser Roll 3 oz Potato Salad 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	2[D-Day] Boxed Lunch Day 1ea Turkey and American Cheese on a WW Hero Roll 3oz Large Bag Baby Carrots 3/4c Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	3[E-Day] Boxed Lunch Day 1ea Beef Bologna and American Cheese on a WW Roll 2.5oz Coleslaw 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	4[F-Day] BBQ Pulled Beef 3OZ Whole Wheat Bun 1ea Cowboy Baked Beans 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	5[A-Day] Whole Wheat Pizza 1ea Sliced Carrots 3/4 Cup Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz
8[B-Day] Baked Chicken Patty 1ea Whole Wheat Bun 1ea Maple Baked Beans 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	9[C-Day] Lasagna Rollette w/ Marinara Sauce 1ea-3.5oz Whole Wheat Mountain Roll 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	10[D-Day] Grilled Chicken Breast 2.5oz Whole Wheat Biscuit 2 oz Collard Greens 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	11[E-Day] 2 Lean Beef Tacos 2ea Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Taco Shells (2) 2ea Corn 1/2 Cup Whole Wheat Bread 1sl 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	12[F-Day] Hamburger 2.8oz Whole Wheat Bun 1ea Sliced Carrots 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea
15[A-Day] W.G Chicken Nuggets 5ea Whole Wheat Bread 1sl Cowboy Baked Beans 3/4 Cup Fruit Cocktail 1/2 Cup 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	16[B-Day] Meatballs w/ Marinara Sauce 4ea Whole Wheat Hero Roll 1ea Sliced Carrots 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	17[C-Day] Grilled Lemon Chicken 2.5oz Whole Wheat Biscuit 2 oz Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	18[D-Day] Meatloaf w/ Gravy 3oz Whole Wheat Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	19[E-Day] Whole Wheat Pizza 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz
22[F-Day] All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea PC Mustard 1ea	23[A-Day] Cheese Ravioli w/ Marinara 6ea Whole Wheat Mountain Roll 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	24[B-Day] Crispy Chicken Breast 3oz Whole Wheat Bun 1ea Mashed Sweet Potatoes 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	25[C-Day] Grilled Chicken Caesar Salad 2 Cups Grilled Chicken Strips 2.5 oz Romaine Lettuce 1 1/2 Cup Shredded Mozzarella .5oz W.G Croutons 1/4 Cup Whole Wheat Bread 1sl PC Ranch Dressing 1ea Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	26[D-Day] Hamburger 2.8oz Whole Wheat Bun 1ea Baked French Fries 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea
No Lunch	30[E-Day] Stuffed Shells w/ Marinara Sauce 2ea/4oz Whole Wheat Bread 1sl Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	31[F-Day] Grilled Cheese on WW Bread 2.5oz Sweet Potato Fries 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz		

Full Price

\$3.00

\$66.00

Reduced Price

\$0.40

\$8.80

PLEASE PAY FOR ALL MEALS IN ADVANCE OF PURCHASE

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