



The Queen City Academy Charter School  
October 2021 Breakfast / Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				10/1 Breakfast: Vanilla Concha Bread Fresh Fruit  Lunch: Lone Star BBQ Chicken Sandwich Vegetables Fresh Fruit Milk 0% Milk 1%
10/4 Breakfast: Lemon Muffin Fresh Fruit  Lunch: Chicken Teriyaki with Carrot Rice Vegetables Fresh Fruit Milk 0% Milk 1%	10/5 Breakfast: Whole Grain Cinnamon Chex Fresh Fruit  Lunch: Orange Chicken Vegetables Fresh Fruit Milk 0% Milk-chocolate 0%	10/6 Breakfast: Blueberry Burst Bagel Fresh Fruit  Lunch: Cheese Pizza Vegetables Fresh Fruit Milk 0% Milk-chocolate 0%	10/7 Breakfast: Yogurt with Granola Fresh Fruit  Lunch: Flame-Broiled Beef Burger with Roasted Potatoes Vegetables Fresh Fruit Milk 0% Milk-chocolate 0%	10/8 Breakfast: Whole Grain Cheerios Fresh Fruit  Lunch: Lone Star BBQ Chicken Sandwich Vegetables Fresh Fruit Milk 0% Milk 1%
10/11 No School	10/12 Breakfast: Zee zees Berry Apple Crisp Bar Fresh Fruit  Lunch: Pasta with Zesty Beef Vegetables Fresh Fruit Milk 0% Milk-chocolate 0%	10/13 Breakfast: Plain Bagel with Cream Cheese Fresh Fruit  Lunch: Pizza Panada Pie Vegetables Fresh Fruit Milk 0% Milk 1%	10/14 Breakfast: Cinnamon Grahams with String Cheese Fresh Fruit  Lunch: Five Cheese Lasagna Vegetables Fresh Fruit Milk 0% Milk-chocolate 0%	10/15 Breakfast: Lemon Muffin Fresh Fruit  Lunch: Classic Chicken Parm Pasta Vegetables Fresh Fruit Milk 0% Milk 1%
10/18 Breakfast: Whole Grain Cheerios Fresh Fruit  Lunch: Baked Mac & Cheese and BBQ Chicken Vegetable Fresh Fruit Milk 0% Milk 1%	10/19 Breakfast: Blueberry Burst Bagel Fresh Fruit  Lunch: Flame Broiled Beef Cheeseburger Vegetable Fresh Fruit Milk 0% Milk-chocolate 0%	10/20 Breakfast: Cinnamon Crumble Fresh Fruit  Lunch: Cheese Pizza Vegetable Fresh Fruit Milk 0% Milk 1%	10/21 Breakfast: Lemon Muffin Fresh Fruit  Lunch: Lone Star BBQ Chicken Sandwich Vegetables Fresh Fruit Milk 0% Milk chocolate 0%	10/22 No School
10/25 Breakfast: Whole Grain Cheerios Fresh Fruit  Lunch: Broiled Beef Burger Vegetables Fresh Fruit Milk 0% Milk 1%	10/26 Breakfast: French Toast Muffin Fresh Fruit  Lunch: Oven Roasted Chicken Sandwich Vegetable Fresh Fruit Milk 0% Milk chocolate 0%	10/27 Breakfast: Lemon Muffin Fresh Fruit  Lunch: Korean BBQ Beef Vegetables Fresh Fruit Milk 0% Milk 1%	10/28 Breakfast: Yougurt Fresh Fruit  Lunch: Revolution Hot Dog Vegetables Fresh Fruit Milk 0% Milk chocolate 0%	10/29 Breakfast: Whole Grain Cheerios Fresh Fruit  Lunch: BBQ Beef Rib Sandwich Vegetables Fresh Fruit Milk 0% Milk 1%