

## The Queen City Academy Charter Elementary School October 2023 Breakfast/Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/2/23	10/3/23	10/4/23	10/5/23	10/6/23
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Cheerios Cerreal	Apple Yogurt	Bagel Butter	Honey Cereal	Cereal Cocoa Bar
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Cheese
Milk - 0%	Milk - 0%	Milk 0%	Milk 0%	Fresh Fruit
Milk - 1%	Milk - 1%	Milk 1%	Milk 1%	Milk 0%
Wilk - 170	Wilk - 176	Will 170	WIIK 170	Milk 1%
Lunch:	Lunch:	Lunch:	Lunch:	
Beef Meatballs BBQ	Chicken Tenders	Turkey Hot Dog	Lasagna w/Tomato	Lunch:
Sauce w/Broccoli	w/Roasted Potatoes	Baked Beans	Sauce	Bread Pizza
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Fresh Fruit	Fresh Fruit	Fresh Fruit	Green Beans	Vegetables
Milk 0%	Milk 0%	Milk 0%	Fresh Fruit	Fresh Fruit
Milk 1%	Milk 1%	Milk 1%	Milk 0% Milk 1%	Milk 0% Milk 1%
10/9/23	10/10/23	10/11/23	10/12/23	10/13/23
No School	Breakfast:	Breakfast:	Breakfast:	Breakfast:
NO SCHOOL				
	Stawberry Yogurt	Cinnamon Flakes	Plain Bagel	Blueberry Muffin
	Fresh Fruit	Cereal	w/Butter	Fresh Fruit
	Milk - 0%	Fresh Fruit	Fresh Fruit	Milk - 0%
	Milk - 1%	Milk 0%	Milk 0%	Milk - 1%
		Milk 1%	Milk 1%	
	Lunch:	l		Lunch:
	Fajita Chicken Bowl w/	Lunch:	Lunch:	Pizza
	Rice Beans	Beef Meatballs	Cheesey Crispy	Vegetables
	Fresh Fruit	Spaghetti	Chicken Sandwich	Fresh Fruit
	Milk 0%	Broccoli	Salad	Milk 0%
	Milk 1%	Fresh Fruit	Fresh Fruit	Milk 1%
		Milk 0%	Milk 0%	
10/16/23	10/17/23	10/18/23	10/19/23	10/20/23
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Banana Muffin	Apple Yogurt	Frosted Corn Flakes	Cinnamon Toast	Cinnamon Raisin Bar
Fresh Fruit	Fresh Fruit	Fresh Fruit	Crunch	Fresh Fruit
Milk 0%	Milk - 0%	Milk 0%	Fresh Fruit	Milk - 0%
Milk 1%	Milk - 1%	Milk 1%	Milk 0%	Milk - 1%
170 I / 0	- 1/0	1/0	Milk 1%	1/0
Lunch:	Lunch:	Lunch:		Lunch:
Chicken Nuggets	Beef Meatballs Tomato	Veggie Patty on Bun		Pizza
w/Baked Beans	Sauce w/ Broccoli	w/ Roasted	Breakfast for Lunch	Vegetables
Fresh Fruit	Fresh Fruit	Potatoes	French Toast	Fresh Fruit
Milk 0%	Milk 0%	Fresh Fruit	w/Scrambled Eggs	Milk 0%
Milk 1%	Milk 1%	Milk 0%	w/ Roasted	Milk 1%
		Milk 1%	Potatoes	
			Fresh Fruit	
10 (00 (05	10/04/05	10/05/55	Milk 0%	10/07/05
10/23/23	10/24/23	10/25/23	10/26/23	10/27/23
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Cereal Cocoa Bar	Apple Yogurt	Honey Cereal	Plain Bagel	Cinnamon Flakes
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Cereal
Milk 0%	Milk - 0%	Milk 0%	Milk 0%	Fresh Fruit
Milk 1%	Milk - 1%	Milk 1%	Milk 1%	Milk - 0%
				Milk - 1%
Lungh	Lunch	lab.	lah.	
Lunch:	Lunch:	Lunch:	Lunch:	I I .
Meatloaf with	Cheese Ravioli with	BBQ Chicken w/	Stuffed Breadsticks	
Mashed Potatoes	Tomato Sauce	Rice and Baked	Vegetables	Pizza
Fresh Fruit	Vegetables	Beans	Fresh Fruit	Vegetables
Milk 0%	Fresh Fruit	Fresh Fruit	Milk 0%	Fresh Fruit
Milk 1%	Milk 0%	Milk 0%	Milk 1%	Milk 0%
	Milk 1%	Milk 1%		Milk 1%
10/30/23	10/31/23			
No School	Breakfast:			
	Cheerios			
	Fresh Fruit			
	Milk - 0%			
	Milk - 1%			
	1/0			
	Lunch:			
	Chicken Tenders			
	w/Roasted Potatoes			
	Fresh Fruit			
	Milk 0%			
	Milk 1%			
	Milk 1%			