

Benjamin Franklin Charter Schools - Power Campus

February

Lunch Menu

BE MY VALENTINE!

2012



Monday

Tuesday

Wednesday

Thursday

Friday

We provide Free or Reduced Priced meals for eligible students. Please call your school cafeteria for details or go to www.qcusd.org - Food Service Link for an application.



If you have any questions, concerns or comments please feel free to contact Carol Weekly, Director of Child Nutrition at (480) 987-5983 or cweekly@qcusd.org



1	2	3		
Hot Dog or Smucker's PB&J Uncrustable	New Orleans Cajun Chicken w/ Brown Rice or Smucker's PB&J Uncrustable	Pizza Quesadilla or Smucker's PB&J Uncrustable		
Ranch Style Beans Cucumber & Carrot Coins Grapes &/or Pears*	Bell Peppers & Grape Tomatoes Orange &/or Pineapple*	Fresh Vegetable Assortment Apple &/or Mandarin Oranges*		
6	7	8	9	10
Chicken Sandwich or Deli Sandwich	Turkey Pot Roast w/ Mashed Potatoes & Gravy or Deli Sandwich	Tony's Ultimate Flat Bread or Deli Sandwich	Cheeseburger on WW Bun or Deli Sandwich	Bean & Cheese Burrito or Deli Sandwich
Corn on the Cob Broccoli & Cauliflower Mix Banana &/or Peaches*	Whole Wheat Dinner Roll Tossed Romaine Salad Apple &/or Mandarin Oranges* Birthday Cupcake	Cucumber & Carrot Coins Orange &/or Mixed Fruit*	Sweet Potato Fries Leaf Lettuce & Tomato Pear &/or Applesauce*	Fresh Vegetable Assortment Salsa Grapes &/or Pears*
13	14	15	16	17
Whole Grain Corn Dog or Smucker's PB&J Uncrustable	Heart Shaped Chicken Nuggets w/Wheat Dinner Roll or Smucker's PB&J Uncrustable	Ardella's French Bread Pizza or Smucker's PB&J Uncrustable	Turkey Carnitas w/ Whole Wheat Tortillas or Smucker's PB&J Uncrustable	1/2 Day
Ranch Style Beans Broccoli & Cauliflower Mix Pear &/or Mixed Fruit*	Cucumbers & Grape Tomatoes Kiwi &/or Strawberry Applesauce* Angelo's Italian Power Ice	Tossed Romaine Salad Celery Sticks w/Sun Butter Fresh Fruit Salad &/or Pineapple*	Shredded Cabbage & Tomato Orange &/or Pears*	
20 No School	21	22	23	24
President's Day	Low Fat Macaroni & Cheese or Italian Sub Sandwich	BBQ Chicken Flatbread or Italian Sub Sandwich	Chicken & Mashed Potato Bowl or Italian Sub Sandwich	Mini Cheeseburgers or Italian Sub Sandwich
	Whole Wheat Dinner Roll Broccoli & Cauliflower Mix Grapes &/or Mixed Fruit*	Ranch Style Beans Coleslaw Celery Sticks w/Sun Butter Orange &/or Peaches*	Corn Tossed Romaine Salad Apple &/or Pineapple*	Sweet Potato Fries Fresh Vegetable Assortment Kiwi &/or Pears*
27	28	29	<p>www.ezschoolpay.com accepts VISA, Discover and MasterCard! Avoid the lost check in the back pack or trip to school to make a payment for your child's meals. Log on to add money to your child's meal account. There is a convenience fee of \$2.50 per transaction to make a debit/credit card payment. Payments made through EZSchoolPay will post within minutes. You can also utilize the FREE service to keep track of your child's account balance and transactions. Please contact the Food and Nutrition Department at (480) 987-5983 with any questions.</p>	
WW Grilled Cheese Sandwich or Smucker's PB&J Uncrustable	Orange Chicken Bowl w/ Brown Rice or Smucker's PB&J Uncrustable	WG Pizza Sticks w/Marinara Sauce or Smucker's PB&J Uncrustable		
Green Beans Celery Sticks w/Sun Butter Banana &/or Mixed Fruit*	Broccoli & Cauliflower Mix Apple &/or Pears* Whole Fruit Frozen Juice Bar	Tossed Romaine Salad Kiwi &/or Mandarin Oranges*		

Legend: * Canned Fruit 🌿 Vegetarian ⚡ Whole Grain/Whole Wheat 🐷 Pork

Lunch Prices	
Reduced Price	Regular Price
\$0.40	\$2.30
\$2.00 for 5 days	\$11.50 for 5 days



"This institution is an equal opportunity provider."

Menu subject to change