

QRC Made-to-Order Menu

Sandwiches

Ham (5 pts.)	\$1.75
Turkey (4 pts.)	\$1.75
Fish (5 pts.)	\$1.75
Turkey Burger (6 pts.)	\$1.75
Garden Burger (5 pts.)	\$1.50
Grilled Chicken (5 pts.)	\$1.75
Grilled Cheese (4 pts.)	\$1.00
Chicken Taco (5 pts.)	\$1.50
Chicken Quesadilla (5 pts.)	\$1.50

Salads

Side Salad (0 pts.) With Vegetables only	\$1.50
Grilled Chicken (4 pts.)	\$2.75

Sides

Baked Potato (4 pts.)	\$1.00
Mashed Potatoes (2 pts.) 1/2 Cup	\$.50
Low Fat Cottage Cheese 1/2 Cup (2 pts.)	\$.50
Low Fat Yogurt (2 pts.) 1/2 Cup	\$.50
Steamed Vegetables (0 pts.)	\$.50

Beverages

Coffee Plain (0 pts.)	<i>small</i>	\$.35
Coffee Plain (0 pts.)	<i>large</i>	\$.50
Hot Tea (0 pts.)		\$.50
Iced Tea (0 pts.)		\$.50
Hot Chocolate (2 pts.)		\$.50
Flavored Water (0 pts.)		\$1.00
Crystal Light 1 bottle (0 pts.)		\$1.00
White Milk Fat Free (2 pts.)		\$.50
Chocolate Milk 1% (3 pts.)		\$.50
Diet Pop (0 pts.)		\$.50
Orange Drink (3 pts.)		\$.50

Desserts & Snacks

Applesauce (1 pt.) 1/2 Cup	\$.50
Fresh Fruit (1 or 2 pts.) Depends on type of Fruit	\$.50
Canned Fruit (1 or 2 pts.) 1/2 Cup	\$.50
Sugar Free Jell-O (0 pts.)	\$.50
Carmel Rice Cakes (2 pts.)	\$.50
100 Calorie Packs (2 pts.)	\$.50
Lays Baked Chips (2 pts.)	\$.50

◆ Meal Tickets can be purchased for \$17.50 ◆
(for 5 days, additional days \$3.50 each)

OUR COMMITMENT

If a purchase fails to meet your expectations, please return it for exchange or refund.
We value your patronage and are committed to your satisfaction.