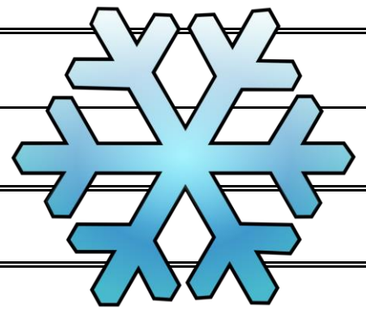
K-8 DECEMBER River Springs Hemet Quest

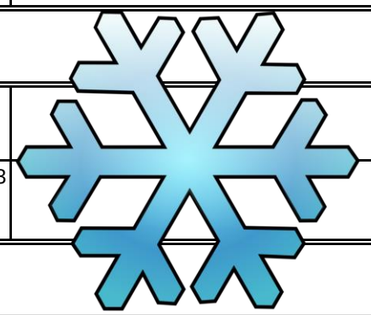
Breakfast 3 Cocoa Puffs, Graham Crackers^ Cherry Craisins, Apple Juice **Lunch** Southwest Black Bean and Cheese Burrito # Teriyaki Chicken w/ Fried Rice Broccoli Fresh Banana	**Breakfast** 4 Banana Muffin, ^ Mozzerella String Cheese Blended Fruit Juice, Diced Pears **Lunch** Baked Chicken Nuggets^ French Toast & Sausage Tater-Tots Apple Juice	**Breakfast** 5 Maple Breakfast Square ^ Cinamon Chex Fresh Apple **Lunch** Hotdog, ^ Veggie Burger ^ # Veggie Chili #, Corn Mixed Fruit Cup	**Breakfast** 6 Rice Chex, Strawberry Breakfast Square Fresh Banana, Orange- Tangerine Juice **Lunch** Nacho Chili Combo #, Crispy Chicken Drumstick Sliced Apple Sweet Maple Carrots Corn Muffin ^	**Breakfast** 7 Mozzerella String Cheese Peach Loaf ^ Fresh Apple **Lunch** Turkey Deli Sub ^ Carroteenies Pineapple Tidbits
Breakfast 10 Raspberry Yogurt, Cinnamon Oat Granola Cherry Craisins, Orange Tangerine Juice **Lunch** Cheese & Green Chile Tamale ^ # Cheese Burger w/ Bun ^, Corn Diced Pears	**Breakfast** 11 Mozzerella String Cheese, Mixed Fruit Cup Strawberry-Kiwi Juice, Lemon Loaf **Lunch** Spaghetti & Meatballs, w/ Bread Stick ^ BBQ Chicken Sammy ^ Carrots, Greenbeans Mixed Fruit Cup	**Breakfast** 12 Blueberry Crumble ^ Graham Crackers ^, Fresh Apple **Lunch** Orange Chicken & Broccoli w/ Noodles^ Cheese Lasagne^ & Broccoli Pineapple Tidbits	**Breakfast** 13 Fruity Cheerios, Animal Graham Crackers Fresh Pear, Blended Fruit Juice **Lunch** Taco Tostada, Bean and Cheese Pupusa Fiesta Beans Sliced Apple	**Breakfast** 14 Cinnamon Toast Crunch Blueberry Muffin ^ Fresh Apple **Lunch** Turkey Deli Sub ^ Fresh Celery Diced Peaches
17	18	19	20	21

WINTER HOLIDAY!! SEE YOU IN 2019!!



24	25	26	27	28
31	1/1	2	3	4





ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **^ Denotes item is whole-grain/whole wheat **#