

River Springs Hemet Quest		January 2019			K - 8	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
Breakfast Cocoa Puffs, Graham Crackers ^ Cherry Craisins, Apple Juice	Breakfast Banana Muffin ^, Mozzarella String Cheese Diced Pears, Blended Fruit Juice	Breakfast Cinnamon Chex, Maple Breakfast Square Fresh Apple	Breakfast Rice Chex, Strawberry Breakfast Square Fresh Banana, Orange Tangerine Juice	Breakfast Mozzerella String Cheese Peach Loaf, Fresh APple		
Lunch Southwest Black Bean + Cheese Burrito # Chicken Teriyaki Fried Rice Salsa, Mixed Vegetables Applesauce Cup	Lunch Chicken Nuggets + Potato Rounds Bread Stick ^ French Toast Sticks+ Sausage ^, Veggie Nuggets Sunset Veg Blend Fresh Apple	Lunch Veggie Burger#^ Turkey Burger^ Hotdog^ + Chilli Maple Baked Means Mixed Fruit Cup	Lunch Nacho Chili Combo w/ Tortilla Chips # Crispy Chicken Drumstick Jalapeno Coins, Corn Sliced Apple	Lunch Turkey Deli Sandwich ^ Carroteenies Orange Tangerine Juice		
Breakfast Raspberry Yogurt, Cinnamon Oat Granola Cherry Craisins, Orange Tangerine Juice	Breakfast Mozzerella String Cheese, Lemon Loaf^ Mixed Fruit Cup, Strawberry Kiwi Juice	Breakfast Blueberry Crumble ^ Graham Crackers, Fresh Apple	Breakfast Fruity Cheerios, Animal Graham Crackers Fresh Pear, Blended Fruit Juice	Breakfast Cinnamon Toast Crunch, Blueberry Muffin Fresh Apple		
Lunch Chicken Tamale with Green Chile Sauce Cheese + Green Chile Tamale Caroteenies, Diced Pears	Lunch Spaghetti + Meatballs(also available vegetarian) BBQ Chicken Sandwich^ with Carrots Green Beans, Mixed Fruit Cup Breadstick ^	Lunch Orange Chicken + Broccoli Cheese Lasagna with Tomato Sauce + Broccoli Pineapple Tidbits	Lunch Taco Meat with Tortilla Scoops Bean + Cheese Pupusa Sliced Apple, Fiesta Beans	Lunch Turkey Deli Sandwich ^ Diced Peaches Fresh Celery		
Martin Luther King, Jr. Day	Breakfast Golden Grahams, French Toast Breakfast Square Pineapple Tidbits, Orange Tangerine Juice	Breakfast Bagel ^ + Cream Cheese Fresh Apple	Breakfast Vanilla Yogurt, Cinnamon Oat Granola Fresh Orange, Applesause Cup	Breakfast Apple Cinnamon Cheerios Graham Crackers, Fresh Apple		
	Lunch Teriyaki Chicken Fried Rice Pizza Dippers + Marinara Peas, Apple Juice	Lunch General Tso's Chicken + Noodles Cheese Flatbread #^ Sweet Maple Carrots, Fresh Pear	Lunch Chicken Drumstick + Cornmuffin Salsibury Steak + Roll ^ Veggie Nuggets French Fries, Fresh Apple	Lunch Turkey Deli Sandwich Sliced Apple Mango Veggie Blended Juice		
Breakfast Apple Cinnamon Crumble French Toast Breakfast Square, Applesauce Cup	Breakfast Blueberry Muffin, Mozzarella String Cheese Grape Juice, Diced Pears	Breakfast Raspberry Yogurt, Cinnamon Oat Granola Fresh Apple	Breakfast Cherry Loaf, Fresh Orange, Pineapple Tidbits			
Lunch Vegan Chicken Tinga#, SantaFe Chicken + Carrots Corn Muffin Corn, Fresh Pear	Lunch Cheese Pupusa, Popcorn Chicken Pineapple Tidbits Fiesta Beans	Lunch BBQ Chicken Sandwich^ Southwest Black Bean + Cheese Burrito # Green Beans Diced Peaches	Lunch Cheeseburger^, Veggie Burger^, Fresh Nectarine Fresh Cucumber Coins			

* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICKE OF 1% and 0% Milk ** ^ DENOTES ITEM IS WHOLE GRAIN/ WHOLE WHEAT

*** MENU SUBJECT TO CHANGE **** # DENOTES ITEM IS VEGETARIAN ***** THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER