

November

Hemet Quest K-6 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple Assorted Jelly Milk Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
November 4, 2019 Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Green Beans Fresh Orange* BBQ Sauce Milk	November 5, 2019 Breakfast VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk Lunch RIB-B-QUE Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO ^ French Fries Diced Peaches Ketchup Salsa Milk	November 6, 2019 Breakfast BANANA MUFFIN ^ String Cheese Fresh Apple Milk Lunch MEATLOAF PANINI ^ GRILLED CHEESE PANINI ^ Corn Fresh Crunchy Celery Sticks Diced Pears Chocolate Cookie ^ Fat Free Ranch Dressing Milk	November 7, 2019 Breakfast WHOLE WHEAT BAGEL Cream Cheese Fresh Banana Orange-Tangerine Juice Milk Lunch CHEESY TACO MEAT VEGGIE NACHO COMBO CHILI Tortilla Rounds ^ Romaine Lettuce Fresh Red Pepper Slices Fresh Apple Slices Taco Sauce Fat Free Ranch Dressing Milk	November 8, 2019 Breakfast CINNAMON TOAST CRUNCH ^ Animal Grahams Fresh Apple Milk Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
November 11, 2019  No School	November 12, 2019 No School	November 13, 2019 Breakfast FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Milk Lunch PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ Romaine Lettuce Light Ranch Dressing Orange-Tangerine Juice Milk	November 14, 2019 Breakfast RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk Lunch CORN DOG ON A STICK^ VEGGIE NUGGETS ^ Maple Baked Beans Baby Carrots Fresh Pear* Light Ranch Dressing Mustard BBQ Sauce Ketchup Milk	November 15, 2019 Breakfast PEACH MINI LOAF^ String Cheese Fresh Apple Milk Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
November 18, 2019 Breakfast GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ CHEESE PIZZA ^ Breadstick ^ Green Beans Fresh Apple Milk	November 19, 2019 Breakfast COCOA PUFFS ^ Graham Crackers ^ Orange-Tangerine Juice Diced Peaches Milk Lunch BAGEL DOG ^ 4-CHEESE PANINI ^ Mixed Vegetables Diced Pears Ketchup Mustard Milk	November 20, 2019 Breakfast String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple Assorted Jelly Milk Lunch CHICKEN TACO VEGETARIAN CHILI WITH BEANS Tortilla Rounds ^ Fiesta Beans Fresh Banana Salsa Milk	November 21, 2019 Breakfast VANILLA YOGURT Granola ^ Fresh Banana Applesauce Cup Milk Lunch MEATBALL SUB Wrapped Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Golden Potato Rounds Diced Peaches Milk	November 22, 2019 Breakfast APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple Milk Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
November 25, 2019 No School	November 26, 2019 No School	November 27, 2019 No School	November 28, 2019 	November 29, 2019 No School

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK

** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat.*This menu is free of peanuts, tree nuts, fish, and shellfish.

*** This institution is an equal opportunity provider.