

# November

## Hemet Quest K-6 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1, 2019 <b>Breakfast</b> String Cheese Peach Mini Loaf ^ Fresh Apple Assorted Jelly Milk <b>Lunch</b> PIZZA DIPPERS ^ Marinara Dipping Sauce CHEESEBURGER Sun Splash Veggie Juice Green Beans Fresh Pear* Ketchup & Mustard Milk
November 4, 2019 <b>Breakfast</b> APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk <b>Lunch</b> CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Green Beans Fresh Orange* BBQ Sauce Milk	November 5, 2019 <b>Breakfast</b> VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk <b>Lunch</b> RIB-B-QUE Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO ^ French Fries Diced Peaches Ketchup Salsa Milk	November 6, 2019 <b>Breakfast</b> BANANA MUFFIN ^ String Cheese Fresh Apple Milk <b>Lunch</b> MEATLOAF PANINI ^ GRILLED CHEESE PANINI ^ Corn Fresh Crunchy Celery Sticks Diced Pears Chocolate Cookie ^ Fat Free Ranch Dressing Milk	November 7, 2019 <b>Breakfast</b> WHOLE WHEAT BAGEL Cream Cheese Fresh Banana Orange-Tangerine Juice Milk <b>Lunch</b> 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 <b>Breakfast</b> CINNAMON TOAST CRUNCH ^ Animal Grahams Fresh Apple Milk <b>Lunch</b> CRISPY CHICKEN DRUMSTICK ^ Corn Muffin ^ VEGETARIAN BURGER Maple Baked Beans Baby Carrots Fresh Banana Fat Free Ranch Dressing BBQ Sauce Mustard Ketchup Milk
November 11, 2019  veterans day No School	November 12, 2019 No School	November 13, 2019 <b>Breakfast</b> FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Milk <b>Lunch</b> PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ Romaine Lettuce Light Ranch Dressing Orange-Tangerine Juice Milk	November 14, 2019 <b>Breakfast</b> RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk <b>Lunch</b> 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 <b>Breakfast</b> PEACH MINI LOAF ^ String Cheese Fresh Apple Milk <b>Lunch</b> CHICKEN & GREEN CHILE TAMALES SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Jalapenos Diced Carrots Fresh Banana Taco Sauce Hot Sauce Milk
November 18, 2019 <b>Breakfast</b> GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Milk <b>Lunch</b> CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ CHEESE PIZZA ^ Breadstick ^ Green Beans Fresh Apple Milk	November 19, 2019 <b>Breakfast</b> COCOA PUFFS ^ Graham Crackers ^ Orange-Tangerine Juice Diced Peaches Milk <b>Lunch</b> BAGEL DOG ^ 4-CHEESE PANINI ^ Mixed Vegetables Diced Pears Ketchup Mustard Milk	November 20, 2019 <b>Breakfast</b> String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple Assorted Jelly Milk <b>Lunch</b> CHICKEN TACO VEGETARIAN CHILI WITH BEANS Tortilla Rounds ^ Fiesta Beans Fresh Banana Salsa Milk	November 21, 2019 <b>Breakfast</b> VANILLA YOGURT Granola ^ Fresh Banana Applesauce Cup Milk <b>Lunch</b> MEATBALL SUB Wrapped Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Golden Potato Rounds Diced Peaches Milk	November 22, 2019 <b>Breakfast</b> APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple Milk <b>Lunch</b> TURKEY W/STUFFING GRAVY SWEET POTATOES ^ Whole Wheat Dinner Roll ^ VEGETARIAN BURGER Wrapped Hamburger Bun ^ Baby Carrots Romaine Lettuce Fresh Pear* Fat Free Ranch Dressing Mustard Ketchup Milk
November 25, 2019 thanksgiving	November 26, 2019 thanksgiving	November 27, 2019 thanksgiving	November 28, 2019  HAPPY THANKSGIVING	November 29, 2019 thanksgiving break

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.