



Hemet Quest K-6 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1, 2019	October 2, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	Breakfast VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk Lunch RIB-B-QUE Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Salsa French Fries Diced Peaches Ketchup Milk	Breakfast BANANA MUFFIN ^ String Cheese Fresh Apple* Milk Lunch MEATLOAF PANINI ^ GRILLED CHEESE PANINI ^ Corn Fresh Crunchy Celery Sticks Fat Free Ranch Dressing Diced Pears Chocolate Cookie ^ Milk	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 Fat Free Ranch Dressing Fresh Apple Slices Taco Sauce Milk	Breakfast CINNAMON TOAST CRUNCH ^ Animal Grahams Fresh Apple* Milk Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
Breakfast FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Milk Lunch PANCAKES & SAUSAGE ^ Syrup GRILLED CHEESE SANDWICH ^ Applesauce Cup Tropical Veggie Juice Milk	Breakfast Strawberry/Banana Yogurt Granola ^ Diced Pears Fruit Punch Juice Milk Lunch HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Potato Wedges Ketchup Mixed Fruit Cup milk	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	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 Light Ranch Dressing Fresh Pear* Mustard Ketchup BBQ Sauce Milk	Breakfast PEACH MINI LOAF ^ String Cheese Fresh Apple* Milk Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
Breakfast GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Green Beans Fresh Apple* Milk	Breakfast COCOA PUFFS ^ Graham Crackers ^ Diced Peaches Orange-Tangerine Juice Milk Lunch BAGEL DOG ^ 4-CHEESE PANINI ^ Golden Potato Rounds Diced Pears Ketchup Mustard Milk	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	Breakfast VANILLA YOGURT Granola ^ Fresh Banana Applesauce Cup Milk Lunch *NATIONAL PASTA DAY* MEATBALL SUB Wrapped Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Mixed Vegetables Diced Peaches Milk	Breakfast APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
Breakfast TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Milk Lunch PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ CHEESY PARM WRAP ^ Mixed Vegetables Fresh Orange* Milk	Breakfast RASPBERRY YOGURT Granola ^ Mixed Fruit Cup Fruit Punch Juice Milk Lunch CHEESE & GREEN CHILE TAMALE Hot Sauce CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ BBQ Sauce Maple Baked Beans Diced Pears Sun Splash Veggie Juice Milk	Breakfast BLUEBERRY MUFFIN ^ String Cheese Fresh Apple* Milk Lunch CHICKEN QUESO BURRITO ^ BEAN & CHEESE BURRITO ^ Romaine Lettuce Fresh Cucumber Slices Fat Free Ranch Dressing Fresh Pear* Salsa Milk	Breakfast PUMPKIN MINI LOAF ^ Fresh Banana Orange-Tangerine Juice Milk Lunch FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS ^ Honey Mustard Cup Corn Fresh Apple Slices Milk	Breakfast CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple* Milk Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	October 31, 2019
Breakfast COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Milk Lunch POPCORN CHICKEN ^ BBQ Sauce CHEESE PIZZA ^ Corn Mixed Fruit Cup Milk	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch MACARONI & CHEESE HOT DOG Wrapped Hot Dog Bun ^ Mustard Ketchup Fresh Broccoli Florets Baby Carrots Light Ranch Dressing Fresh Banana Milk	Breakfast ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Milk Lunch SLOPPY JOE Wrapped Hamburger Bun ^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Light Ranch Dressing Hot Sauce Maple Baked Beans Fresh Apple Slices Milk	

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

^ 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.

** MENU SUBJECT TO CHANGE **