

September 2019

Hemet Quest

K-6 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
NO SCHOOL LABOR DAY	Breakfast Strawberry/Banana Yogurt Granola ^ Diced Pears Fruit Punch Juice Milk Lunch HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY W/WHOLE WHEAT Potato Wedges Mixed Fruit Cup Ketchup 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 Fresh Pear* Light Ranch Dressing Mustard & Ketchup BBQ Sauce Milk	Breakfast PEACH MINI LOAF ^ String Cheese Fresh Apple* Milk Lunch TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 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	Breakfast COCOA PUFFS ^ Graham Crackers ^ Diced Peaches Orange-Tangerine Juice Milk Lunch BAGEL DOG ^ 4-CHEESE PANINI ^ Mixed Vegetables Diced Pears Ketchup Mustard Milk	Breakfast String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch CHICKEN TACO VEGETARIAN CHILI W/BEANS Tortilla Rounds ^ Diced Pears Fresh Banana Salsa Milk	Breakfast VANILLA YOGURT Granola ^ Fresh Banana Applesauce Cup Milk Lunch MEATBALL W/WHOLE WHEAT BUN ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Golden Potato Rounds Diced Peaches Milk	Breakfast APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
Breakfast TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Milk Lunch PENNE PASTA W/MEAT SAUCE ^ CHEESY PARM WRAP ^ Breadstick ^ Mixed Vegetables Fresh Orange* Milk	Breakfast RASPBERRY YOGURT Granola ^ Mixed Fruit Cup Fruit Punch Juice Milk Lunch CHEESE & GREEN CHILE TAMALES CRISPY CHICKEN PATTY W/WHOLE WHEAT BUN ^ Maple Baked Beans Diced Pears BBQ Sauce Hot Sauce 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 Fresh Pear* Fat Free Ranch Dressing Salsa Milk	Breakfast PUMPKIN MINI LOAF ^ Fresh Banana Orange-Tangerine Juice Milk Lunch FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS ^ Corn Honey Mustard Cup Fresh Apple Slices Milk	Breakfast CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple* Milk Lunch TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEAT Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch MACARONI & CHEESE HOT DOG W/WHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup Milk	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN ^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce Milk	Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk
September 30, 2019				
Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange* BBQ Sauce Milk				

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

Denotes item is whole-grain/whole wheat.

Denotes item is vegetarian.

*** This institution is an equal opportunity provider.

** MENU SUBJECT TO CHANGE **