

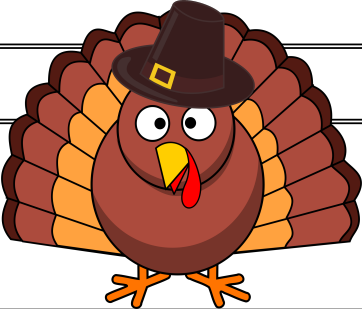


# NOVEMBER

HEMET QUEST STUDENT CENTER

RIVER SPRINGS K-8

10/29		10/30		10/31		1		2	
									
					<b>Homestudy Days - - - See you Monday!</b>				
<b>Breakfast</b> RASPBERRY YOGURT & Cinnamon Granola ^ Cherry Craisins Orange Tangerine Juice <b>Lunch</b> HOT TURKEY & CHEESE DELI SUB^ OR VEGETARIAN NUGGETS # ^ Southwest Corn Assorted Fruit Cups		<b>Breakfast</b> MOZZERELLA STRING CHEESE Lemon Loaf ^ Strawberry Kiwi Juice, Fruit Cup <b>Lunch</b> VEGGETARIAN CHILI NACHOS # ^ CRISPY CHICKEN DRUM STICK Corn Muffin ^ Sweet Maple Carrots Fresh Apple Slices		<b>Breakfast</b> Blueberry Crumble ^ Graham Crackers ^ Fresh Apple <b>Lunch</b> ORANGE CHICKEN W/ BROCCOLI OR CHEESE LASAGNA W/ TOMATO SAUCE OR VEGAN ORANGE 'CHICKEN' W/ BROCCOLI # Fresh Red Pepper Slices Pineapple Tidbits		<b>Breakfast</b> FRUITY CHEERIOS ^ Animal Crackers^ Fresh Pear, Blended Fruit Juice <b>Lunch</b> BEEF & CHICKEN TOSTADA ^ OR BEAN & CHEESE PUPUSA # Jalapenos, Fiesta Beans Apple Slices		<b>Breakfast</b> CINNAMON TOAST CRUNCH ^ Blueberry Muffin, Fresh Apple <b>Lunch</b> CHICKEN SANDWICH on BUN ^ OR TURKEY CORN DOG MONTEREY VEGGIE BURGER on BUN^ # Country Blend Vegetables, Fresh Fruit	
Veteran's Day 		Non-Student Day		<b>Breakfast</b> BAGEL & CREAM CHEESE ^ Fresh Apple <b>Lunch</b> PEPPERONI FLATBREAD ^ OR GENERAL TSO'S CHICKEN W/ NOODLES^ OR CHEESE FLATBREAD ^# Fresh Cauliflower Florets Fresh Pear		<b>Breakfast</b> VANILLA YOGURT Cinnamon Granola ^ Fresh Orange, Applesauce Cup <b>Lunch</b> CRISPY CHICKEN DRUMSTICK ^ OR SALISBURY STEAK w/ MASHED POTATOES # Corn Muffin ^, (IW) Sliced Bread ^ Fresh Red Pepper Slices, Sweet Maple Carrots Mixed Fruit Cup		<b>Breakfast</b> APPLE CINNAMON CHEERIOS ^ Graham Crackers ^ Fresh Apple <b>Lunch</b> FRENCH TOAST STICKS w/ SAUSAGE ^ OR FRENCH TOAST STICKS w/ EGGS # ^ OR CHICKEN ALFREDO PASTA ^ Mango Wango Juice, Diced Peaches	
19		20		21		22		23	
<b>Thanksgiving Break</b>									
									
<b>Breakfast</b> CHOCOLATE CHIP COFFEE CAKE ^ Strawberry Breakfast Square, Applesauce Cup, Mixed Fruit Cup <b>Lunch</b> CORN DOG OR CHICKEN & GREEN CHILE TAMALES OR VEGGIE NUGGETS # Corn, Fresh Jicama Sticks, Mixed Fruit Cup		<b>Breakfast</b> STRAWBERRY YOGURT & Granola ^ Diced Peaches Orange Tangerine Juice <b>Lunch</b> CHICKEN QUESO BURRITO ^ OR BEAN & CHEESE BURRITO ^ # OR BUILD YOUR OWN TACO w/ (IW) Soft Tortilla ^ Refried Beans Applesauce Cup		<b>Breakfast</b> MOZZERELLA STRING CHEESE Lemon Loaf Fresh Fruit <b>Lunch</b> SALISBURY STEAK w/ MASHED POTATOES OR SALISBURY STEAK # OR CHICKEN SANDWICH w/ BUN ^ Mixed Vegetables, Fresh Fruit		<b>Breakfast</b> BAGEL ^ & CREAM CHEESE Fresh Fruit Mixed Fruit Cup <b>Lunch</b> GEN TSO'S CHICKEN & NOODLES ^ (& available Vegan) OR SPAGHETTI ^ & MEATBALLS Fresh Red Pepper Slices Strawberry Kiwi Juice		<b>Breakfast</b> FROSTED CORN FLAKES Vanilla Breakfast Square, Fresh Fruit <b>Lunch</b> PIZZA DIPPERS^ w/ Marinara Dipping Sauce OR ORANGE CHICKEN w/ Broccoli (IW) Breadstick^ Fresh Baby Spinach w/ Light Ranch Dressing Diced Peaches	

\*\* ^ DENOTES ITEM IS WHOLE GRAIN OR WHOLE WHEAT \*\* # DENOTES ITEM IS VEGETARIAN

\*\*MENU SUBJECT TO CHANGE

\*\*WE ARE AN EQUAL OPPORTUNITY PROVIDER

\*\*ALL MEALS SERVED WITH THE APPROPRIATE CONDIMENTS AND THE CHOICE OF 1% or 0% MILK