

january

Hemet Quest K-8 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break	Winter Break	January 1, 2020 Winter Break	January 2, 2020 Winter Break	January 3, 2020 Winter Break
January 6, 2020 Winter Break	January 7, 2020 Winter Break	January 8, 2020 Winter Break	January 9, 2020 Winter Break	January 10, 2020 Winter Break
January 13, 2020 Breakfast COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Milk Lunch MAC & CHEESE ^ POPCORN CHICKEN ^ Country Blend Vegetables Applesauce Cup BBQ Sauce Milk	January 14, 2020 Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch SLOPPY JOE Wrapped Hamburger Bun ^ PIZZA DIPPERS ^ Mixed Vegetables Orange-Tangerine Juice Marinara Dipping Sauce Milk	January 15, 2020 Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Milk Lunch BEAN & CHEESE PUPUSA CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Whole Kernel Corn Fresh Crunchy Celery Sticks Fresh Pear* Ketchup, Mustard, Hot Sauce, Ranch Milk	January 16, 2020 Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Maple Baked Beans Fresh Orange* Milk	January 17, 2020 Breakfast Peach Mini Loaf ^ String Cheese Fresh Apple Assorted Jelly Milk Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
January 20, 2020 Martin Luther King Jr.	January 21, 2020 Breakfast VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk Lunch CHICKEN TACO VEGETARIAN CHILI W/BEANS Corn Diced Pears Wild White Nacho Doritos^ Milk	January 22, 2020 Breakfast BANANA MUFFIN ^ String Cheese Fresh Apple Milk Lunch CHICKEN & GREEN CHILE TAMALE VEGETARIAN BURGER Wrapped Hamburger Bun ^ Baby Carrots Romaine Lettuce Orange-Tangerine Juice Ketchup, Mustard, Hot Sauce, Ranch Milk	January 23, 2020 Breakfast WHOLE WHEAT BAGEL Cream Cheese Fresh Pear* Orange-Tangerine Juice Milk Lunch VEGGIE NUGGETS W/POTATO WEDGES ^ HOT DOG W/POTATO ROUNDS Wrapped Hot Dog Bun ^ Maple Baked Beans Fresh Apple Ketchup, BBQ Sauce Milk	January 24, 2020 Breakfast CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Milk Lunch STRAWBERRY YOGURT String Cheese Tropical Veggie Juice Fresh Banana* Corn Muffin ^ Milk
January 27, 2020 Breakfast FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Milk Lunch TURKEY BOLOGNA SANDWICH^ Baby Carrots Light Ranch Dressing Diced Peaches Sun Splash Veggie Juice Mustard Milk	January 28, 2020 Breakfast CEREAL Granola ^ Diced Pears Fruit Punch Juice Milk Lunch VANILLA YOGURT String Cheese Cherry Loaf ^ Tropical Veggie Juice Fresh Orange* Milk	January 29, 2020 Breakfast FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Milk Lunch TURKEY HAM & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Banana* Mustard Milk	January 30, 2020 Breakfast RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Fresh Pear* Mustard, Ranch Milk	January 31, 2020 Breakfast String Cheese Cherry Mini Loaf ^ Fresh Apple Milk Lunch TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Mixed Fruit Cup Mustard 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.