

Hemet Quest K-8

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		January 1, 2020	**January 2, 2020**	**January 3, 2020**
Winter Break	**Winter Break**	**Winter Break**	**Winter Break**	**Winter Break**
January 6, 2020	**January 7, 2020**	**January 8, 2020**	**January 9, 2020**	**January 10, 2020**
Winter Break	**Winter Break**	**Winter Break**	**Winter Break**	**Winter Break**
January 13, 2020	**January 14, 2020**	**January 15, 2020**	**January 16, 2020**	**January 17, 2020**
Breakfast COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Milk **Lunch** MAC & CHEESE ^ POPCORN CHICKEN ^ Country Blend Vegetables Applesauce Cup BBQ Sauce Milk	**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	**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	**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	**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	**January 21, 2020**	**January 22, 2020**	**January 23, 2020**	**January 24, 2020**
Martin Luther King Jr.	**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	**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	**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	**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	**January 28, 2020**	**January 29, 2020**	**January 30, 2020**	**January 31, 2020**
Breakfast FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Milk **Lunch** BEEF & BEAN CHILI Corn Muffin ^ CHEESY PARM WRAP ^ Mixed Vegetables Diced Peaches Milk	**Breakfast** STRAWBERRY BANANA YOGURT Granola ^ Diced Pears Fruit Punch Juice Milk **Lunch** CHEESE PUPUSA CHICKEN TENDERS WITH POTATO WEDGES ^ Green Beans Jalapenos Orange-Tangerine Juice Ketchup, BBQ Sauce, Hot Sauce Milk	**Breakfast** FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Milk **Lunch** BBQ CHICKEN VEGGIE BURGER POTATO WEDGES Wrapped Hamburger Bun ^ Maple Baked Beans Fresh Banana Ketchup, Mustard Milk	**Breakfast** RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk **Lunch** CHEESE LASAGNA ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Pickle Chips Romaine Lettuce Fresh Pear* Chocolate Cookie ^ BBQ Sauce, Ranch Milk	**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.***