

Hemet Quest K-8 Breakfast & Lunch Menu

MONDAY March 2, 2020	TUESDAY March 3, 2020	WEDNESDAY March 4, 2020	THURSDAY March 5, 2020	FRIDAY March 6, 2020
NATIONAL SCHOOL BREAKFAST WEEK				
<p>BREAKFAST FROOT LOOPS[^] Animal Grahams[^] Craisins Grape Juice Milk</p> <p>Lunch FRENCH TOAST STICKS W/SAUSAGE[^] FRENCH TOAST STICKS W/SCRAMBLED EGGS[*] Tropical Veggie Juice Applesauce Cup Syrup Milk</p>	<p>BREAKFAST STRAWBERRY BANANA YOGURT Granola[^] Fruit Punch Juice Diced Pears Milk</p> <p>Lunch BBQ CHICKEN TATOR TOT-CHOS BBQ VEGAN CHICKEN W/CARROTS[*] Tortilla Rounds[^] Diced Carrots Mixed Fruit Cup Milk</p>	<p>BREAKFAST FROSTED FLAKES[^] Vanilla Waffle Square[^] Fresh Apple Milk</p> <p>Lunch POPCORN CHICKEN[^] VEGETARIAN BURGER[*] Breadstick (IW)[^] Baked Beans Pickle Chips Orange-Tangerine Juice Ketchup, Mustard, & BBQ Sauce Milk</p>	<p>HOME STUDY DAY</p>	<p>HOME STUDY DAY</p>
<p>March 9, 2020</p> <p style="text-align: center;">HOME STUDY DAY</p>	<p>March 10, 2020</p> <p>Breakfast CINNAMON FLAKES[^] Graham Crackers[^] Orange-Tangerine Juice Diced Peaches Milk</p> <p>Lunch CRISPY CHICKEN DRUMSTICK[^] SOUTHWESTERN BLACK BEAN & CHEESE BURRITO[^] Corn Muffin[^] Country Blend Vegetables Diced Pears Taco Sauce & BBQ Sauce Milk</p>	<p>March 11, 2020</p> <p>Breakfast String Cheese Chocolate Chip Mini Loaf[^] Fresh Apple Milk</p> <p>Lunch CHEESEBURGER MONTEREY VEGETARIAN BURGER[*] Baby Carrots Broccoli Diced Peaches Ranch, Ketchup, & Mustard Milk</p>	<p>March 12, 2020</p> <p>Breakfast VANILLA YOGURT Granola[^] Fresh Banana[*] Grape Juice Milk</p> <p>Lunch MEATBALL SUB CHEESY PARM WRAP^{**} Baked Beans Fresh Orange Milk</p>	<p>March 13, 2020</p> <p>Breakfast APPLE JACKS[^] Maple Breakfast Square[^] Fresh Apple Milk</p> <p>Lunch VANILLA YOGURT String Cheese Tropical Veggie Juice Fresh Banana[*] Cherry Loaf[^] Milk</p>
<p>March 16, 2020</p> <p>Breakfast RICE KRISPIES[^] Strawberry Pancake Square[^] Craisins Grape Juice Milk</p> <p>Lunch BEEF & BEAN CHILI VEGGIE NACHO COMBO CHILI[*] Fritos[^] Mixed Vegetables Orange Sorbet 100% Juice Milk</p>	<p>March 17, 2020</p> <p>Breakfast RASPBERRY YOGURT Granola[^] Mixed Fruit Cup Orange-Tangerine Juice Milk</p> <p>Lunch MINI CORN DOGS[^] GRILLED CHEESE PANINI[^][*] Potato Rounds Corn Diced Pears Mayo, Ketchup, & Mustard Milk</p>	<p>March 18, 2020</p> <p>Breakfast BLUEBERRY MUFFIN[^] String Cheese Fresh Apple Milk</p> <p>Lunch CHICKEN & GREEN CHILE TAMALE PIZZA DIPPERS[^][*] Marinara Dipping Sauce Baby Carrots Romaine Lettuce Grape Juice Hot Sauce & Ranch Milk</p>	<p>March 19, 2020</p> <p>Breakfast CORN CHEX[^] Animal Grahams[^] Fresh Orange[*] Fruit Punch Juice Milk</p> <p>Lunch CHEESY TACO MEAT VEGGIE NUGGETS[^][*] Wild White Nacho Doritos[^] Refried Beans Jalapenos Fresh Apple Slices BBQ Sauce Milk</p>	<p>March 20, 2020</p> <p>Breakfast FROOT LOOPS[^] Vanilla Waffle Square[^] Fresh Apple Milk</p> <p>Lunch TURKEY BOLOGNA SANDWICH[^] Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Diced Peaches Mustard & Ranch Milk</p>
<p>March 23, 2020</p> <p>Breakfast COCOA PUFFS[^] Graham Crackers[^] Craisins Apple Juice Milk</p> <p>Lunch SPAGHETTI & MEATBALLS[^] CHEESE PUPUSA^{**} Jalapenos Green Beans Orange-Tangerine Juice Hot Sauce Milk</p>	<p>March 24, 2020</p> <p>Breakfast STRAWBERRY YOGURT Granola[^] Diced Pears Orange-Tangerine Juice Milk</p> <p>Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE[^] CHEESE LASAGNA^{**} Breadstick (IW)[^] Mixed Vegetables Diced Peaches Milk</p>	<p>March 25, 2020</p> <p>Breakfast CINNAMON FLAKES[^] Maple Breakfast Square[^] Fresh Apple Milk</p> <p>Lunch TERIYAKI CHICKEN SANDWICH TERIYAKI VEGAN CHICKEN & RICE[*] French Fries Mixed Fruit Cup Ketchup Milk</p>	<p>March 26, 2020</p> <p>Breakfast ENGLISH MUFFIN[^] Assorted Jelly Fresh Banana[*] Diced Peaches Milk</p> <p>Lunch RIB-B-QUE VEGGIE BURGER[*] Potato Wedges Baked Beans Pickle Chips Fresh Apple Ketchup & Mustard Milk</p>	<p>March 27, 2020</p> <p>Breakfast String Cheese Peach Mini Loaf[^] Fresh Apple Milk</p> <p>Lunch VANILLA YOGURT String Cheese Tropical Veggie Juice Fresh Banana[*] Cherry Loaf[^] Milk</p>
<p>March 30, 2020</p> <p>Breakfast APPLE JACKS[^] Vanilla Waffle Square[^] Craisins Grape Juice Milk</p> <p>Lunch CHICKEN STRIPS W/SWEET POTATO FRIES[^] CHEESE & GREEN CHILE TAMALE[*] Potato Wedges Diced Pears Ketchup & BBQ Sauce Milk</p>	<p>March 31, 2020</p> <p>Breakfast VANILLA YOGURT Granola[^] Applesauce Cup Fruit Punch Juice Milk</p> <p>Lunch SLOPPY JOE BURGER CHEESY PARM WRAP[^][*] Diced Carrots Mixed Fruit Cup Milk</p>			

** MENU SUBJECT TO CHANGE **

[^] Denotes item is whole-grain/whole wheat. ^{*} Denotes item is vegetarian.

^{*}This menu is free of peanuts, tree nuts, fish, and shellfish.

^{**} This institution is an equal opportunity provider.