

# HEMET QUEST



# MARCH MENU



# K-8

					<b>Breakfast</b> Apple Cinnamon Cheerios Graham Crackers # Fresh Apple <b>Lunch</b> Turkey & Cheese Deli Sub Italian Corn Salad Diced Peaches	1			
<b>Breakfast</b> Apple Cinnamon Coffee Cake^ French Toast Breakfast Square Apple Sauce Orange Tangerine Juice <b>Lunch</b> Santa Fe Chicken W/ Tortilla^ Turkey Burger^ OR Veggie Burger# Diced Carrots Applesauce Cup	4	<b>Breakfast</b> Blueberry Muffin^ Mozzarella String Cheese Grape Juice Diced Pears <b>Lunch</b> Cheese Pupusa# Popcorn Chicken Fiesta Beans Grape Juice	5	<b>Breakfast</b> Raspberry Yogurt & Cinnamon Oat Granola^ Fresh Apple <b>Lunch</b> BBQ Chicken Sandwich ^ Southwestern Black Bean & Cheese Burrito ^# Salsa Green Beans Diced Peaches	6	<b>Breakfast</b> Cherry Loaf^ Fresh Orange Pineapple Tidbits <b>Lunch</b> Cheeseburger^ Chicken Nuggets & Breadstick ^ Veggie Nuggets^# French Fries Blended Fruit Juice	7	<b>Breakfast</b> Frosted Corn Flakes Graham Cracker ^ Fresh Apple <b>Lunch</b> Turkey Deli Sub Fresh Broccoli Florets Blended Fruit Juice	8
<b>Breakfast</b> Chocolate Chip Coffee Cake^ Strawberry Pancake Square ^ Applesauce Fresh Pear <b>Lunch</b> Tukey Corn Dog ^ Chicken Tamale W/ Green Chile Sauce Diced Carrots Mixed Fruit Cup	11	<b>Breakfast</b> Strawberry Yogurt & Cinnamon Oat Granola Diced Peaches Orange Tangerine Juice <b>Lunch</b> Chicken Queso Burrito ^ & Salsa Build Your Own Taco W/ Tortilla ^ Refried Beans Applesauce Cup	12	<b>Breakfast</b> Mozzarella String Cheese Lemon Loaf^ Fresh Apple <b>Lunch</b> Salisbury Steak w/ Mashed Potatoes & Gravy, and WG Bun^ OR Crispy Chicken Sandwich ^ Mixed Vegetables Fresh Pear	13	<b>Breakfast</b> Bagel ^ & Cream Cheese Fresh Orange Mixed Fruit Cups <b>Lunch</b> General Tso's Chicken & Noodles ^ Spaghetti & Meatballs ^ Fresh Red Peppers Strawberry- Kiwi Juice	14	<b>Breakfast</b> Low Sugar Trix Vanilla Breakfast Square Fresh Apple <b>Lunch</b> Turkey & Cheese Deli Sub Fresh Cauliflower Florets Diced Peaches	15
<b>Breakfast</b> Cocoa Puffs Graham Crackers^ Apple Juice Cherry Craisins <b>Lunch</b> Southwestern Black Bean & Cheese Burrito # ^ Teriyaki Chicken & Fried Rice Broccoli Fresh Orange	18	<b>Breakfast</b> Banana Muffin ^ Mozzarella String Cheese Diced Pears Blended Fruit Juice <b>Lunch</b> Chicken Nuggets & Potato Rounds French Toast & Sausage Potato Rounds Apple Juice	19	<b>Breakfast</b> Cinnamon Chex Graham Cracker ^ Diced Pears Fresh Apple <b>Lunch</b> Veggie Burger #^ OR Turkey Burger ^ OR Chili Dog^ Maple Baked Beans Mixed Fruit Cup	20	<b>Breakfast</b> Rice Chex Strawberry Breakfast Square Fresh Banana Orange Tangerine Juice <b>Lunch</b> Chili Cheese Nachos #^ Crispy Chicen Drumstick & Corn Miuffin^ Maple Carrots Sliced Apple	21	<b>Breakfast</b> Mozzarella String Cheese Peach Loaf^ Fresh Apple <b>Lunch</b> Turkey Deli Sub Fresh Broccoli Florets Pineapple Tidbits	22
<b>Breakfast</b> Raspberry Yogurt & Cinnamon Granola^ Cherry Craisins <b>Lunch</b> Cheeseburger ^ OR Cheese Tamale# OR Chicken Tamale Corn, Diced Pears	25	<b>Breakfast</b> Mozzarella String Cheese Lemon Loaf^ Mixed Fruit Cup Strawberry Kiwi Juice <b>Lunch</b> Spaghetti & Meatballs^ W/ Breadstick ^ BBQ Chicken Sandwich ^& Carrots Green Beans Orange Tangerine Juice	26	<b>Breakfast</b> Blueberry Coffee Cake Graham Cracker ^ Fresh Apple <b>Lunch</b> Orange Chicken & Broccoli OR Cheese Lasagna & Broccoli Pineapple Tidbits Fresh Red Pepper Slices	27	<b>Breakfast</b> Fruity Cheerios Animal Graham Cracker Fresh Pear Blended Fruit Juice <b>Lunch</b> Taco Tostada Bowl^ OR Bean & Cheese Pupusa Fiesta Beans Apple Slices	28	<b>Breakfast</b> Cinnamon Toast Crunch Blueberry Muffin Fresh Apple <b>Lunch</b> Tukey Deli Sub Fresh Celery Diced Peaches	29

\*Menu subject to change

\*\*All meals are served with appropriate condiments and a choice of 1% or Fat Free white milk

\*\*\* ^ Denotes Whole Grain

\*\*\*\* # Denotes Item is Vegetarian

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