

# Hemet Quest

# September 2021

## K-8 Breakfast & Lunch

		WEDNESDAY	THURSDAY	FRIDAY	
		September 1, 2021	September 2, 2021	September 3, 2021	
		<b>BREAKFAST</b> RICE KRISPIES <sup>^</sup> , Honey Grahams <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> CHEESY TACO MEAT, Wild White Nacho Doritos <sup>^</sup> , Fresh Baby Carrots, Fresh Chopped Romaine, Fresh Banana, Ranch Dressing, Salsa, Milk <b>Vegetarian Option</b> VEGGIE NACHO COMBO, Wild White Nacho Doritos <sup>^</sup> , Fresh Baby Carrots, Fresh Chopped Romaine, Fresh Banana, Ranch Dressing, Salsa, Milk	<b>BREAKFAST</b> MILLSBURY GRAPE CRESCENT <sup>^</sup> , Fresh Banana, Fruit Punch Juice, Milk <b>LUNCH</b> CORN DOG ON A STICK <sup>^</sup> , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk <b>Vegetarian Option</b> FRENCH TOAST STICKS W/SCRAMBLED EGGS <sup>^</sup> , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	<b>BREAKFAST</b> BLUEBERRY MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
September 6, 2021		September 7, 2021		September 8, 2021	
<b>LABOR DAY</b>	<b>BREAKFAST</b> FROSTED FLAKES <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Dried Cranberries, Fruit Punch Juice, Milk <b>LUNCH</b> CRISPY CHICKEN DRUMSTICK <sup>^</sup> , Cornbread <sup>^</sup> , Mixed Vegetables, Diced Peaches, Milk <b>Vegetarian Option</b> MINI CHEESE RAVIOLI W/SAUCE <sup>^</sup> , Breadstick <sup>^</sup> , Mixed Vegetables, Diced Peaches, Milk	<b>BREAKFAST</b> BANANA MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> CHICKEN ALFREDO PASTA <sup>^</sup> , Fresh Chopped Romaine, Fresh Baby Carrots, Fresh Banana, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER <sup>^</sup> , Fresh Chopped Romaine, Fresh Baby Carrots, Fresh Banana, Milk	<b>BREAKFAST</b> RASPBERRY-CHERRY YOGURT, Granola <sup>^</sup> , Fresh Banana, Grape Juice, Milk <b>LUNCH</b> HOT DOG <sup>^</sup> , Golden Potato Rounds, Fresh Plum, Mustard, Ketchup, Milk <b>Vegetarian Option</b> TERIYAKI CHICK'N STRIPS W/FRIED RICE <sup>^</sup> , Fresh Plum, Milk	<b>BREAKFAST</b> FROSTED FLAKES <sup>^</sup> , Vanilla Waffle Square <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 13, 2021		September 14, 2021		September 15, 2021	
<b>BREAKFAST</b> RICE KRISPIES <sup>^</sup> , Strawberry Pancake Square <sup>^</sup> , Dried Cranberries, Apple Juice, Milk <b>LUNCH</b> CHEESY PENNE BAKE <sup>^</sup> , Breadstick <sup>^</sup> , Green Beans, Mixed Fruit, Milk <b>Vegetarian Option</b> CHEESE PIZZA <sup>^</sup> , Green Beans, Mixed Fruit, Milk	<b>BREAKFAST</b> CHERRY FRUDEL <sup>^</sup> , Diced Peaches, Fruit Punch Juice, Milk <b>LUNCH</b> MEATBALL SUB <sup>^</sup> , Potato Wedges, Orange-Tangerine Juice, Milk <b>Vegetarian Option</b> CHIK'N NUGGETS <sup>^</sup> , CORNBREAD <sup>^</sup> , Potato Wedges, Orange-Tangerine Juice, BBQ Sauce, Ketchup, Milk	<b>BREAKFAST</b> DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> BBQ CHICKEN BURGER <sup>^</sup> , Baked Beans, Pineapple Tidbits, Milk <b>Vegetarian Option</b> CHEESE & GREEN CHILE TAMALE <sup>^</sup> , Baked Beans, Pineapple Tidbits, Salsa Cup, Milk	<b>BREAKFAST</b> CINNAMON FLAKES <sup>^</sup> , Apple Bar <sup>^</sup> , Fresh Banana, Orange Tangerine Juice, Milk <b>LUNCH</b> CRUNCHY CHICKEN TENDERS <sup>^</sup> , Potato Rounds, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Slices, Ketchup, BBQ Sauce, Milk <b>Vegetarian Option</b> BEAN & CHEESE BURRITO <sup>^</sup> , Fresh Baby Carrot w/Ranch Dressing, Fresh Apple Slices, Taco Sauce, Milk	<b>BREAKFAST</b> STRAWBERRY YOGURT, Granola <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
September 20, 2021		September 21, 2021		September 22, 2021	
<b>BREAKFAST</b> APPLE CINNAMON CHEERIOS <sup>^</sup> , Honey Grahams <sup>^</sup> , Craisins, Orange-Tangerine Juice, Milk <b>LUNCH</b> PIZZA DIPPERS <sup>^</sup> , Marinara Dipping Sauce, Mixed Vegetables, Applesauce, Milk <b>Vegetarian Option</b> VEGETARIAN CHILI W/BEANS, Cornbread <sup>^</sup> , Mixed Vegetables, Applesauce, Milk	<b>BREAKFAST</b> RASPBERRY CHERRY YOGURT, Granola <sup>^</sup> , Mixed Fruit Cup, Apple Juice, Milk <b>LUNCH</b> CRISPY CHICKEN SANDWICH <sup>^</sup> , Fresh Baby Carrots w/Ranch Dressing, Broccoli, Diced Pears, Milk <b>Vegetarian Option</b> CHEESE LASAGNA <sup>^</sup> , Breadstick <sup>^</sup> , Broccoli, Diced Pears, Milk	<b>BREAKFAST</b> TRIX <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> BBQ CHICKEN TATER TOT-CHOS, Tortilla Rounds <sup>^</sup> , Fresh Banana, Golden Potato Rounds, Ketchup, Milk <b>Vegetarian Option</b> CHEESE PUPUSA <sup>^</sup> , Golden Potato Rounds <sup>^</sup> , Fresh Banana, Hot Sauce, Milk	<b>BREAKFAST</b> CINNAMON BUN <sup>^</sup> , Fresh Banana, Fruit Punch Juice, Milk <b>LUNCH</b> TACO "JOE" W/HAMBURGER BUN <sup>^</sup> , Baked Beans, Fresh Plum, Taco Sauce, Milk <b>Vegetarian Option</b> BEAN & CHEESE EMPANADA <sup>^</sup> , Fresh Baby Carrots w/Ranch Dressing, Fresh Plum, Taco Sauce, Milk	<b>BREAKFAST</b> CHERRY BREAKFAST BAR <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
September 27, 2021		September 28, 2021		September 29, 2021	
<b>BREAKFAST</b> CINNAMON FLAKES <sup>^</sup> , Vanilla Waffle Square <sup>^</sup> , Craisins, Grape Juice, Milk <b>LUNCH</b> BEAN & CHEESE BURRITO <sup>^</sup> , Corn, Pineapple Tidbits, Salsa Cup, Milk <b>Vegetarian Option</b> CHEESE PIZZA <sup>^</sup> , Corn, Pineapple Tidbits, Milk	<b>BREAKFAST</b> PLAIN BAGEL <sup>^</sup> , Cream Cheese, Diced Pears, Orange Tangerine Juice, Milk <b>LUNCH</b> MEATLOAF W/TOMATO SAUCE, HAMBURGER BUN <sup>^</sup> , Country Blend Vegetables, Mixed Fruit Cup, Milk <b>Vegetarian Option</b> 4-CHEESE PANINI <sup>^</sup> , Country Blend Vegetables, Mixed Fruit Cup, Milk	<b>BREAKFAST</b> DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> NASHVILLE (HOT) POPCORN CHICKEN <sup>^</sup> , Sliced Bread <sup>^</sup> , Fresh Baby Carrots, Orange-Tangerine Juice, Ketchup, Milk <b>Vegetarian Option</b> CHIK'N NUGGETS <sup>^</sup> , Cornbread <sup>^</sup> , French Fries, Orange-Tangerine Juice, Ketchup, BBQ Sauce, Milk	<b>BREAKFAST</b> VANILLA YOGURT, Granola <sup>^</sup> , Fresh Banana, Apple Juice, Milk <b>LUNCH</b> CHICKEN & GREEN CHILE TAMALE <sup>^</sup> , Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Slices, Hot Sauce, Milk <b>Vegetarian Option</b> MAC & CHEESE <sup>^</sup> , Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Slices, Milk		
September 30, 2021		September 30, 2021			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS A CHOICE OF 1% OR FAT FREE WHITE MILK

\*\* MENU IS SUBJECT TO CHANGE \*\*

<sup>^</sup> Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider \*\*\*