

September 2020

Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Scooter Cereal • Fruit Cocktail Juice	1 Blueberry Muffin • • Applesauce Juice	2 WG Bread w/ Jam • • • Fresh Cantaloupe Juice	3 Biscuit • • • Peaches Juice Condiment: butter	4 Life Cereal • Banana
7 NO LUNCH SERVICE	8 Total Cereal • Pears Juice	9 Apple Cinnamon Muffin • • • • Fruit Cocktail Juice	10 WG Bread • • • Banana Condiment: sunbutter	11 Mini Wheats Cereal • Applesauce Juice
14 NO LUNCH SERVICE	15 Cinnamon Raisin Bagel • • • • Pears Juice Condiment: Cream Cheese	16 Cheerios Peaches Juice	17 WG Bread • • • Banana Condiment: sunbutter	18 Blueberry Muffin • • Apple
21 Rice Krispies Pineapple Juice	22 2 Mini Bagels • • Pears Juice Condiment: Cream Cheese	23 WG Bread • • • Banana Condiment: sunbutter	24 English Muffin • • • Peaches Juice Condiment: butter & jam	25 Rice Chex Cereal Orange
28 Cheerios Peaches Juice	29 Raisin Bread • Mandarin Oranges Juice Condiment: butter	30 Blueberry Muffin • • Honeydew melon Juice	1	 1% White or Fat Free Chocolate Milk served with all meals

betterlunch
 REAL, DELICIOUS LUNCHES MADE FRESH

ALLERGENS:

- Contains Soy
- Contains Egg
- Contains Milk
- Contains Wheat/Gluten

The list of ingredients used in food preparation is available upon request from Better Lunch. Please contact **Anna Arenas** at anna@mybetterlunch.com if you wish to receive the list of ingredients.

Upon submission of medical documentation, meals addressing food allergies will be available.

*Menu may change due to availability and holidays. Fruits and Veggies may change without notice as we want to serve the freshest items possible!

Quest Preparatory Academy is an equal opportunity employer.

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Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Beef & Bean Burrito ● ● Black Beans Pears	1 Chicken Alfredo ● ● ● Carrots Pineapple	2 Hamburger ● ● ● Baked Potato Tots Apple Condiments: ketchup & mustard	3 Chicken & Veggie Stir Fry ● ● ● Mandarin Oranges	4 Pasta w/ Meatsauce ● Roasted Broccoli Tropical Mixed Fruit
7 NO LUNCH SERVICE	8 Chicken Mash Bowl ● ● ● ● Mashed Potatoes Tropical Mixed Fruit	9 Meat Lasagna ● ● ● ● Steamed Broccoli Orange	10 Beef Hot Dog ● ● ● ● Carrot Sticks Honeydew Melon Condiments: ketchup & mustard	11 Chicken Sliders ● ● ● ● Baked Beans Cantaloupe Condiment: mustard
14 NO LUNCH SERVICE	15 Mac & Cheese ● ● ● ● Chicken Green Beans Applesauce	16 Hamburger ● ● ● ● Baked Beans Honeydew Melon Condiments: ketchup & mustard	17 Baked Chicken Roasted Sweet Potatoes Pears Cornbread ● ● ● ● Condiment: butter	18 Pizza Dippers w/ Marinara ● ● ● ● Garden Stalad Watermelon Condiment: Ranch Dressing (M)
21 Chicken Nuggets ● ● ● ● Steamed Broccoli Applesauce Condiments: BBQ Sauce	22 Taco Pie ● ● ● ● ● Corn Peaches Condiments: Salsa	23 Chicken Alfredo ● ● ● ● Green Beans Honeydew Melon	24 Beef Hot Dog ● ● ● ● Carrot Sticks Mandarin Oranges Condiments: ketchup & mustard	25 Turkey & Cheese Sub ● ● ● ● ● Black Bean Salad Fruit Cocktail Condiment: mustard
28 Pizza Dippers w/ Marinara ● ● ● ● Mixed Veggies Pears	29 Sloppy Joe ● ● ● ● ● Pinto Beans Pineapple	30 Pulled BBQ Chicken Sandwich ● ● ● ● ● Carrot Sticks Apple	1	 1% White or Fat Free Chocolate Milk served with all meals

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