

December 2020



Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chicken Nuggets ●●● Steamed Broccoli Applesauce Condiments: BBQ Sauce	1 Taco Pie ●●●●● Corn Peaches	2 WG Chicken Alfredo ●●● Green Beans Honeydew Melon	3 Beef Hot Dog ●●● Carrot Sticks Mandarin Oranges Condiments: Ketchup & Mustard	4 Turkey & Provolone Sub ●●●●● Black Bean Salad Fruit Cocktail Condiment: Mustard
7 Pizza Dippers w/Marinara ●●● Mixed Veggies Pears	8 Sloppy Joe ●●● Pinto Beans Pineapple	9 Pulled BBQ Chicken Sandwich ●●● Carrot Sticks Apple	10 Meatloaf ●●●●● Mashed Potatoes Fruit Cocktail WG Bread ● Condiment: Ketchup	11 Spaghetti w/Meatsauce ●●●●● Romaine Salad w/ Cucumber, Tomato Mandarin Oranges Condiment: LF Ranch Dressing
14 Bean & Beef Red Chili Burrito ●● Corn Pears Mexican Rice w/Cheese ●●●	15 WG Penne Alfredo w/Chicken ●●●●● Steamed Baby Carrots Pineapple	16 Hamburger ●●● Oven Baked Tater Tots Apple Condiments: Ketchup & Mustard	17 Chicken Stir Fry ●●●●● 5 Way Veggies Mandarin Oranges Brown Rice	18 EARLY RELEASE NO LUNCH BREAKFAST ONLY
21 	22 	23 	24 	25
28 	29 	30 	31 	<p>1% White or Fat Free Chocolate Milk served with all meals</p>

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.

December 2020 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Rice Krispies Pineapple Juice	1 2 Mini Bagels ●● Pears Juice Condiment: Cream Cheese	2 WG Bread ●●● Banana Condiment: Sunbutter	3 English Muffin ●●● Peaches Juice Condiment: Butter & Jam	4 Rice Chex Cereal Orange
7 Cheerios Cereal ● Peaches Juice	8 Raisin Bread ● Mandarin Oranges Juice Condiment: butter	9 Blueberry Muffin ●● Honeydew melon Juice	10 Mini Wheats Cereal ● Apple	11 WG English Muffin ●●● Banana Condiment: Butter & Jam
14 Cheerios Cereal ● Fruit Cocktail Juice	15 Blueberry Muffin ●●● Applesauce Juice	16 WG Bread ●●● Cantaloupe Juice Condiment: Jelly	17 WW Biscuit ●●● Peaches Juice Condiment: Butter	18 Life Cereal Banana
21 	22 <i>Winter</i> 			25 
28 	29 	30 <i>Break</i> 		31  <p>1% White or Fat Free Chocolate Milk served with all meals</p>

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