

Sprague LUNCH MENU

April 2019



Student Meal
Includes Entrée,
Unlimited Fruit and
Vegetable Bar with
Water, Juice or Milk
\$4.50

Questions, Concerns or
Feedback?
Contact Mary Janiak at
quest@d103.org or
Jason Rosegay,
General Manager at
jrosegay@questfms.com.

Nutritional Information
www.questfmsnutrition.com

Please visit
www.myschoolbucks.com
To add money to your
child's account.

<p>1 Spaghetti with Meatballs Green Beans Dinner Roll</p> <p>Spaghetti with Marinara Green Beans Dinner Roll</p>	<p>2 SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>3 Beef Stroganoff Buttered Noodles Corn</p> <p>Black Bean Burger Buttered Noodles Corn</p>	<p>4 French Toast Sticks Turkey Sausage Oranges</p> <p>Cheesy Scrambled Eggs Strawberry Yogurt Oranges</p>	<p>5 Meatball Sandwich Mixed Veggies</p> <p>Bosco Sticks Mixed Veggies</p>
<p>8 Ribette Sandwich Wedge Potatoes Steamed Carrots</p> <p>Macaroni and Cheese Steamed Carrots</p>	<p>9 SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>10 All Beef Hot Dog Pretzels Peas</p> <p>Pasta Alfredo Peas Breadstick</p>	<p>11 100% Beef Cheeseburger Tater Tots Green Beans</p> <p>Potato Cheese Pierogi Green Beans</p>	<p>12 Popcorn Chicken Bowl Mashed Potatoes Corn</p> <p>Penne Marinara Corn</p>
<p>15 Cheese Ravioli with Meat Sauce California Blend Vegetables</p> <p>Cheese Ravioli With Marinara California Blend Vegetables</p>	<p>16 SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>17 Mini Chicken Sliders Parmesan Potatoes Mixed Veggies</p> <p>Cheese Quesadilla Mixed Veggies</p>	<p>18 Sweet and Sour Chicken White Rice Vegetable Egg Roll</p> <p>Vegetable Fried Rice Vegetable Egg Roll</p>	<p>19 Battered Fish Fillet Roasted Potatoes Carrots</p> <p>Grilled Cheese Tomato Soup</p>
<p>22 Meatloaf Mashed Potatoes Green Beans</p> <p>Macaroni & Cheese Green Beans</p>	<p>23 SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>24 Beef Tacos Spanish Rice</p> <p>Cheese Enchiladas Spanish Rice</p>	<p>25 Chicken Tenders Wedge Potatoes Corn</p> <p>Pasta Alfredo Corn</p>	<p>26 Beef Chili Cornbread</p> <p>3 Bean Chili Cornbread</p>

Learn More About Our Menu

Menu Items

The purchase of a hot meal includes: meal, fruit & veggie bar and either milk, water or 100% juice.

Spaghetti with Meatballs and Marinara with Green Beans and a Dinner Roll

Spaghetti with Italian Meatballs and Marinara Sauce served with green beans and a dinner roll.(Gluten ,Soy, Dairy)

Spaghetti With Marinara with Green Beans and a Dinner Roll

Spaghetti with marinara sauce served with green beans and a dinner roll.(Gluten, Soy)

Beef Stroganoff with Buttered Noodles and Corn

Beef with a creamy sauce with mushrooms served with buttered noodles and corn, (Gluten, Soy)

Vegetarian Black Bean Burger on a Whole Wheat Bun With Buttered Noodles and Corn

Black bean burger on a whole wheat bun served with buttered noodles and corn (Gluten, Soy)

French Toast Sticks With Turkey Sausage and Oranges

French Toast Sticks served with turkey sausage links and oranges. (Gluten, Soy, Egg)

Cheesy Scrambled Eggs With Strawberry Yogurt and Oranges

Fluffy Cheesy Scrambled Eggs with strawberry yogurt and oranges (Dairy, Soy)

Meatball Sandwich on a French Roll with Mixed Vegetables

Meatball sandwich with marinara sauce on a french roll served with mixed veggies. (Gluten)

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Bosco Sticks With Marinara Sauce and Mixed Vegetables

Mozzarella Cheese Stuffed Breadsticks, served with Marinara sauce and mixed veggies. (Soy, Egg, Gluten, Dairy)

BBQ Pork Ribette Sandwich With Wedge Potatoes and Carrots

BBQ pulled pork sauce served on a French roll with wedge potatoes and carrots. (Gluten)

Macaroni and Cheese with Steamed Carrots

Homemade cheese sauce mixed with elbow macaroni noodles and served with carrots.
(Gluten, Dairy)

All Beef Hot Dog on Whole Wheat Bun With Pretzels and Peas

All Beef hot dog on a whole wheat bun with pretzels and peas. (Gluten)

Pasta Alfredo with Peas and a Breadstick

Pasta noodles with a homemade Alfredo Sauce served with peas and a breadstick (Gluten, Dairy)

100% Beef Cheeseburger on a Whole Wheat Bun with Tater tots and Green Beans

100% All Beef hamburger patty served with a slice of American cheese on a whole wheat bun with tater tots and green beans. (Gluten, Dairy)

Potato and Cheese Pierogi and Green Beans

Potato and cheese filled pasta with green beans. (Gluten, Egg, Soy)

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Popcorn Chicken Bowl

Breaded popcorn chicken breast over homemade mashed potatoes , corn, and chicken gravy.
(Gluten, Dairy)

Penne With Marinara and Corn

Penne noodles with marinara sauce served with corn. (Vegetarian) (Gluten,)

Sushi

Vegetarian Rolls- Rice, avocado, cucumber, carrots, seaweed, sesame seeds.(Sesame)
California Rolls- rice, Seafood, avocado, cucumber, sesame, seaweed. (Fish, Egg, Wheat, Soy, Sesame)

Cheese Ravioli With Marinara and Mixed Vegetables

Pasta filled with 3 cheeses served with marinara sauce and mixed vegetables.(Gluten, Dairy)

Mini Chicken Sliders With Parmesan Potatoes and Mixed Vegetables

Lightly breaded all white meat chicken breast served on a slider bun, served with Parmesan potatoes and mixed vegetables. (Dairy, Gluten)

Cheese Quesadilla and Mixed Vegetables

A blend of 3 cheeses grilled in a quesadilla served with mixed vegetables(Gluten, Dairy)

Sweet and Sour Chicken With White Rice and Vegetable Egg Roll

Breaded chicken breast pieces tossed in sweet and sour sauce with white rice and a vegetable egg roll. (Gluten, Egg, Soy)

Vegetarian Fried Rice with a Vegetable Egg Roll

White rice cooked with soy sauce, egg and vegetables and a vegetable egg roll.(Gluten, Egg, Soy)

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Fish Fillet Served With Roasted Potatoes and carrots

Lightly battered fish fillet served with tartar sauce, roasted potatoes and carrots.(Gluten, Soy)

Grilled Cheese and Tomato Soup

American cheese on grilled whole wheat bread served with tomato soup.(Gluten, Dairy)

Sliced Pizza

Cheese or pepperoni pizza

Ingredients on website (Gluten, Dairy)

Gluten Free Pizza Available

Meatloaf With Gravy , Mashed Potatoes and Green Beans

Beef meatloaf with homemade mashed potatoes, beef gravy, and green beans.(Soy, Gluten)

Beef Tacos With Spanish Rice

Seasoned ground beef served in a soft wheat tortilla with cheese and salsa with spanish style rice.
(Gluten, Dairy, Soy)

Cheese Enchiladas with Spanish Rice

A blend of 3 cheeses rolled in a tortilla covered in a mild enchilada sauce served with spanish style rice. (Gluten, Soy, Dairy)

Homestyle Chicken Tenders with Wedge Potatoes and Corn

Breaded white meat chicken tenders served with wedge potatoes and corn.(Gluten, soy)

Pasta Alfredo and Corn

Pasta with alfredo sauce served with corn.(Gluten, Dairy, Soy)