



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

Ala Carte Salad Bar
\$2.00

**Look For our New Grab
and Go Items!**

**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.

4 Chicken Soft Tacos Spanish Rice Cheese Quesadilla Spanish Rice Cheese, Salsa	5 SAUCED PIZZA DAY! Cheese or Pepperoni	6 Mini Chicken Sliders Roasted Red Potatoes Green Beans Black Bean Burger Roasted Red Potatoes Green Beans	7 Breakfast for Lunch Pancakes Turkey Sausage Banana Cheesy Scrambled Eggs Veggie Sausage Banana	8 Sloppy Joe Sandwich Mixed Vegetables Pretzels Macaroni and Cheese Mixed Vegetables
11 BBQ Pork Ribette On a Hoagie Roll Redskin Mashed Potatoes Steamed Carrots Grilled Cheese Tomato Soup	12 SAUCED PIZZA DAY! Cheese or Pepperoni	13 All Beef Hot Dog Tater Tots Peas Pasta Alfredo Peas Breadstick	14 Chicken Parmesan Sandwich Green Beans Potato and Cheese Pierogi Green Beans	15 Popcorn Chicken Bowl Mashed Potatoes Corn Penne W/ Marinara Corn
18 NO SCHOOL PRESIDENTS DAY	19 SAUCED PIZZA DAY! Cheese or Pepperoni	20 Homestyle Chicken Tenders Pretzels MexiCali Corn Macaroni and Cheese MexiCali Corn	21 Italian Beef Sandwich Mixed Vegetables Pretzels Cheese Ravioli w/Marinara Mixed Vegetables	22 General Janes Chicken White Rice Veggie Egg Roll Veggie Fried Rice Veggie Egg Roll
25 Spaghetti With Meatballs Steamed Carrots Spaghetti W/ Marinara Steamed Carrots Breadstick	26 SAUCED PIZZA DAY! Cheese or Pepperoni	27 EARLY DISMISSAL NO QUEST LUNCH	28 NO SCHOOL PARENT TEACHER CONFERENCES	1 NO SCHOOL TEACHER INSTITUTE

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.

Chicken Soft Tacos with Spanish Rice

Seasoned shredded chicken in a soft flour tortilla with Spanish seasoned rice (Gluten, Soy)

Cheese Quesadilla with Spanish Rice

Mexican blend of cheese in a tortilla served with Spanish rice . (Gluten, Soy)

Mini Chicken Sliders With Roasted Red Potatoes and Green Beans

Mini breaded chicken breast on a bun served with roasted potatoes and green beans (Gluten, Dairy)

Vegetarian Black Bean Burger on a Whole Wheat Bun With Roasted Red Potatoes and Green Beans

Black bean burger on a whole wheat bun served with roasted potatoes and (Gluten, Dairy, Soy)

Pancakes With Turkey Sausage and a Banana

Pancakes served with turkey sausage links and a banana (Gluten, Soy, Egg)

Cheesy Scrambled Eggs With Vegetarian Sausage and a Banana

Fluffy Cheesy Scrambled Eggs with a vegetarian sausage patty and a banana (Dairy, Soy)

Sloppy Joe Sandwich and Pretzels

Seasoned ground beef with tomato sauce and green peppers served on a whole wheat bun with pretzels.
(Gluten)

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Macaroni and Cheese With Mixed Vegetables

Elbow macaroni noodles with scratch made cheese sauce with mixed vegetables (Gluten, Dairy, Soy, Egg)

BBQ Pork Ribette Sandwich With Parmesan Potatoes and Carrots

Pork Ribette Patty with BBQ sauce served on a French roll with parmesan potatoes and carrots. with a vegetable (Gluten, Dairy)

Grilled Cheese and Tomato Soup

Grilled American cheese sandwich on wheat bread with creamy tomato soup. (Gluten, Dairy)

All Beef Hot Dog on Whole Wheat Bun With Tater Tots and Peas

All Beef hot dog on a whole wheat bun with tater tots 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)

Chicken Parmesan Sandwich With Green Beans

Breaded chicken patty on a bun with marinara sauce and mozzarella cheese with green beans. (Gluten, Dairy, Soy)

Potato and Cheese Pierogi with Green Beans

Pillows of dough filled with a potato cheese mixture served with green beans. (Gluten, Egg, Dairy, 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,)

Chicken Tenders with Waffle Fries and Mexi Cali corn

Breaded all white meat chicken tenders with waffle fries and Mexicali corn.(Egg, Gluten,)

Baked Macaroni and Cheese With Mexicali corn

Macaroni noodles with scratch made cheese sauce baked until golden brown with Mexicali corn
(Gluten, Dairy, Egg, Soy)

Italian Beef Sandwich With Oven Roasted Potatoes and Mixed Vegetables

Roasted whole beef roast, shaved and seasoned then served on a French roll with roasted potatoes and mixed vegetables. (Dairy, Gluten)

Cheese Ravioli With Marinara and Mixed Vegetables

Square pillows of pasta filled with ricotta, mozzarella, and parmesan cheese, herbs and spices topped with marinara sauce served with mixed vegetables(Gluten, Dairy, Egg)

General Janes Chicken With White Rice and Vegetable Egg Roll

Breaded chicken breast pieces tossed in General Tso's sauce with white rice and a vegetable egg roll. (Gluten, 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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Spaghetti With Meatballs and Marinara Sauce Carrots and a Breadstick

Spaghetti noodles with meatballs and marinara sauce served with carrots and a breadstick. (Gluten, Soy)

Spaghetti With Marinara with Carrots and a Breadstick

Spaghetti noodles with Marinara sauce. Served with a breadstick and carrots. (Gluten, Dairy)

Sliced Pizza

Cheese or pepperoni pizza

Ingredients on website (Gluten, Dairy)

Gluten Free Pizza Available