

HALF DAY LUNCH MENU

March 2019



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

Now Offering Soup Every
Friday at Half Day and
Daniel Wright!
Ala Carte Price \$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.

<p>4</p> <p>NO SCHOOL CASIMIR PULASKI DAY</p>	<p>5</p> <p>SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>6</p> <p>Roasted Turkey Breast Mashed Potatoes Green Beans</p> <p>Black Bean Burger Mashed Potatoes Green Beans</p>	<p>7</p> <p>Breakfast for Lunch French Toast Sticks Turkey Sausage Banana</p> <p>Cheesy Scrambled Eggs Veggie Sausage Banana</p>	<p>8</p> <p>Meatball Sandwich Mixed Veggies</p> <p>Bosco Sticks Mixed Veggies</p> <p>Chicken Noodle Soup \$2.00</p>
<p>11</p> <p>Pulled Pork Sandwich Wedge Potatoes Steamed Carrots</p> <p>Macaroni and Cheese Steamed Carrots</p>	<p>12</p> <p>SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>13</p> <p>All Beef Hot Dog Pretzels Peas</p> <p>Pasta Alfredo Peas Breadstick</p>	<p>14</p> <p>100% Beef Cheeseburger Tater Tots Green Beans</p> <p>Gnocchi with Nut free Pesto Green Beans</p>	<p>15</p> <p>Popcorn Chicken Bowl Mashed Potatoes Corn</p> <p>Penne W/ Marinara Corn</p> <p>Broccoli Soup \$2.00</p>
<p>18</p> <p>SUSHI DAY! \$8.00 California Rolls Vegetarian Rolls</p> <p>Corned Beef Sandwich Honey Glazed Carrots</p>	<p>19</p> <p>SAUCED PIZZA DAY! Cheese or Pepperoni</p>	<p>20</p> <p>Mini Chicken Sliders Parmesan Potatoes Mixed Veggies</p> <p>Cheese Quesadilla Mixed Veggies</p>	<p>21</p> <p>Orange Chicken White Rice Vegetable Egg Roll</p> <p>Vegetable Fried Rice Vegetable Egg Roll</p>	<p>22</p> <p>Battered Fish Fillet Roasted Potatoes Carrots</p> <p>Grilled Cheese Tomato Soup</p> <p>Tomato Soup \$2.00</p>
<p>25</p> <p>NO</p>	<p>26</p> <p>SCHOOL</p>	<p>27</p> <p>SPRING</p>	<p>28</p> <p>BREAK</p>	<p>1</p> <p>WEEK</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.

Oven Roasted Turkey Breast with Mashed Potatoes and Green Beans

Sliced oven roasted turkey breast served with mashed potatoes and green beans. (Gluten, Soy)

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

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

French Toast Sticks With Turkey Sausage and a Banana

French Toast Sticks 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)

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 Pulled Pork 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)

Gnocchi with Nut Free Pesto and Green Beans

Gnocchi is a type of pasta served with a nut free basil pesto sauce served 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)

Corned Beef Sandwich on Rye bread with Swiss Cheese served with Honey Glazed Carrots

Sliced Corned Beef served on rye bread with a slice of Swiss cheese and served with honey glazed carrots. (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)

Orange Chicken With White Rice and Vegetable Egg Roll

Breaded chicken breast pieces tossed in orange 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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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