

SPRAGUE LUNCH MENU

March 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.

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

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)

Sloppy Joe Sandwich on a Whole Wheat Bun with Tater tots and Green Beans

Seasoned ground beef with green peppers and tomato sauce 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