

Quest Academy


February 2012

LUNCH

Prices: Student - \$3.05

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fresh Green **Salad** (1 per meal) - Lettuce Blend, Caesar, Spinach Mix, Oriental **OR** Greek (1/2 cup = 15 calories, 3 g carb, 1 g pro)
 Low Fat Dressing/Dip (2 tbsp = 45 cal, 5 g fat)
 Fresh **Veggies** (1 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g carb, 1 g pro)
 Fresh **Fruit** (1 per meal) - Apple, Orange, Banana, Cantaloupe, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)
Variety of Milk, including Skim (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

Monday	Tuesday	Wednesday	Thursday	Friday
		1st	2nd	3rd
		Roast Beef Sandwich Baked Chips Veggies, Fruit, Milk V - PB & Jelly Sandwich	Turkey Salad on Ciabatta Rice Krispie Bar Veggies, Fruit, Milk V - Mock Tuna Salad	Deli Submarine Baked Chips Veggies, Fruit, Milk V - Cheese Submarine
6th	7th	8th	9th	10th
Beef Gyro Rice Pilaf Salad, Veggies, Fruit, Milk V - Hummus	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk V - Cheese Alfredo	Swedish Meatballs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk V - Egg & Cheese Bagel	Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk V - Same	Chicken Fajita Wrap Cilantro Lime Rice Salad, Veggies, Fruit, Milk V - Bean & Rice Wrap
13th	14th	15th	16th	17th
Beef Stroganoff w/ Egg Noodles Salad, Veggies, Fruit, Milk V - Vegetarian Stew	Multi-Cheese Pita Melt Rice Krispie Bar Salad, Veggies, Fruit, Milk V - Same	Soft Shell Chicken Taco Black Beans Salad, Veggie, Fruit, Milk V - Bean & Cheese Taco	Spaghetti w/ Meatsauce French Bread Salad, Veggies, Fruit, Milk V - W/ Marinara Sauce	Chicken Stir Fry Steamed Rice Salad, Veggies, Fruit, Milk V - Vegetarian Stir Fry
20th	21st	22nd	23rd	24th
No School	Beef & Bean Chili Soft Breadstick Salad, Veggies, Fruit, Milk V - Vegetarian Bean Chili	Baked Chicken Leg Baked Beans & Corn Muffin Salad, Veggies, Fruit, Milk V - Cheesy Breadstick	Mac & Cheese Ciabatta Roll Salad, Veggies, Fruit, Milk V - Same	Beef Philly Roasted Potatoes Salad, Veggies, Fruit, Milk V - Egg Salad Sandwich
27th	28th	29th	<p align="center">Our Commitment</p> <p align="center">“Healthy Food, Healthy Message” We provide wholesome, delicious, real food that helps teach the right message to children.</p>	
Chicken Mostacolli French Bread Salad, Veggies, Fruit, Milk V - Vegetarian Mostacolli	Bean & Rice Burrito Fruit Churro Salad, Veggies, Fruit, Milk V - Same	Meatball Hoagie Baked Chips Salad, Veggies, Fruit, Milk V - Grilled Cheese		

BREAKFAST

Prices: Student - \$1.50

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fruit Juice - Apple, Orange, or Grape (1/2 c = 60 cal, 15 g carb)
 Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, > 1 g fat)

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal String Cheese Fruit Juice, Milk	Assorted Muffins Fruit Yogurt Fruit Juice, Milk	New York Bagel Cream Cheese & PB Fruit Juice, Milk	Mini Breakfast Loaves Cheese Stick Fruit Juice, Milk	Yogurt Parfait w/ Granola Fruit Juice, Milk

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS
 Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

ANY QUESTIONS? CONTACT:
 School Office 952-285-4100 OR
 DONE RIGHT FOOD @ 651-702-5998 or www.donerightfood.com