

Quest Charter Academy High School – Lunch Menu

October 2019

<p>30</p>	<p>1</p> <p>1. Beef Nachos 2. Sloppy Joe Melt</p> <hr/> <p>Kickin' Pintos Baby Carrots Banana Grape Juice</p>	<p>2</p> <p>1. Cheese Pizza 2. Sausage Pizza 3. Cheeseburger Pizza</p> <hr/> <p>French Fries Celery Sticks Apple Fruit Juice</p>	<p>3</p> <p>1. Popcorn Chicken Bowl w/ Pretzel Rod(2) 2. Cuban Flatbread</p> <hr/> <p>Steamed Carrots Side Spinach Salad Pear Applesauce</p>	<p>4</p> <p>1. Deli Bar</p> <hr/> <p>Fresh Broccoli Cucumber Slices Raisins Mandarin Oranges</p>
<p>7</p> <p>NO SCHOOL</p>	<p>8</p> <p>NO SCHOOL</p>	<p>9</p> <p>NO SCHOOL</p>	<p>10</p> <p>NO SCHOOL</p>	<p>11</p> <p>NO SCHOOL</p>
<p>14</p> <p>NO SCHOOL</p>	<p>15</p> <p>1. Chicken Fajitas 2. Cheeseburger</p> <hr/> <p>Baked Beans Baby Carrots Banana Grape Juice</p>	<p>16</p> <p>1. Cheese Pizza 2. Pepperoni Pizza 3. Chicken Parmesan Pizza</p> <hr/> <p>Sweet Potatoes Celery Sticks Apple Fruit Juice</p>	<p>17</p> <p>1. Chili Cheese Fries w/ Tostitos(2) 2. Hot Dog on Bun</p> <hr/> <p>Corn Side Spinach Salad Pear Applesauce</p>	<p>18</p> <p>1. Chicken & Rice Soup & Salad Bar w/ Crackers</p> <hr/> <p>Green Beans Red Pepper Strips Raisins Mandarin Oranges</p>
<p>21</p> <p>1. BBQ Riblet Sandwich 2. Pizza Burger</p> <hr/> <p>French Fries Grape Tomatoes Orange Mixed Fruit</p>	<p>22</p> <p>1. Taco Tuesday! 2. Chicken Nuggets w/ Pretzel Rod</p> <hr/> <p>Refried Beans Fresh Cauliflower Banana Grape Juice</p>	<p>23</p> <p>1. Cheese Pizza 2. Sausage Pizza 3. Meatball Pizza</p> <hr/> <p>Steamed Carrots Cucumber Slices Apple Fruit Juice</p>	<p>24</p> <p>1. Spaghetti & Meatballs 2. Grilled Ham & Cheese</p> <hr/> <p>Peas Side Spinach Salad Pear Applesauce</p>	<p>25</p> <p>1. Deli Bar</p> <hr/> <p>Fresh Broccoli Baby Carrots Raisins Mandarin Oranges</p>
<p>28</p> <p>1. Salisbury Steak & Gravy w/ Bread(2) 2. Cheeseburger</p> <hr/> <p>Mashed Potatoes Grape Tomatoes Orange Mixed Fruit</p>	<p>29</p> <p>1. Walking Taco w/ Tostitos 2. Cheesy Ham & Egg Pancake Sandwich</p> <hr/> <p>Black Charro Beans Baby Carrots Banana Grape Juice</p>	<p>30</p> <p>1. Cheese Pizza 2. Pepperoni Pizza 3. BBQ Chicken Pizza</p> <hr/> <p>Sweet Potatoes Celery Sticks Apple Fruit Juice</p>	<p>31</p> <p>1. Orange Chicken w/ Rice 2. Chicken Bacon Melt</p> <hr/> <p>Mixed Vegetables Side Spinach Salad Pear Applesauce</p>	<p>1</p>

**Daily Options:
Assorted Milk**

*Menu subject to change without notice.

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