

# August Lunch Menu 2019



WELCOME BACK! SCHOOL RESUMES MONDAY AUGUST 13<sup>th</sup>

Check out our website at [www.QuestFMS.com](http://www.QuestFMS.com)

Make on line payments to your student lunch account at

[www.myschoolbucks.com](http://www.myschoolbucks.com)

<p>12</p> <p><b>Teacher Institute No School</b></p>	<p>13</p> <p>Sweet Potato &amp; Broccoli Stir Fry over Rice Orange Ginger Chicken California Burger Glazed Carrots Baked Breaded Ravioli With Marinara</p>	<p>14</p> <p>Chicken Cordon Bleu Sandwich Italian Meat Lovers Sub California Vegetable Blend Smokin Blues Burger Bruschetta Chicken Pasta</p>	<p>15</p> <p>Orange Ginger Chicken Or Honey Garlic Shrimp Vegetable Egg Roll Maxwell Street Polish Seasoned Green Beans Chicken Alfredo with Cavatappi</p>	<p>16</p> <p><b>Teacher Institute No School</b></p>
<p>19</p> <p>Chicken Quesadilla Taco Salad Bowl Rice, and Beans Fried Egg Burger Grilled Vegetable Lasagna</p>	<p>20</p> <p>Sweet N Sour Chicken Dragon Fire Chicken with Fried Rice or Stir Fry Lo Mein Steamed Broccoli Pico &amp; Pepper Jack Burger Vegetable Rotini Pasta</p>	<p>21</p> <p>Swedish Meatballs over Egg Noodles &amp; Corn Popcorn Chicken Bowl Western Burger Cheese Tortellini with Creamy Tomato Sauce</p>	<p>22</p> <p>Sweet &amp; Spicy Tempura Chicken Green Beans Orange Ginger Chicken Italian Sausage with Caramelized Onions Macaroni &amp; Cheese Casserole</p>	<p>23</p> <p>Parmesan Chicken Sandwich or Italian Sausage Sandwich Tater Tots Glazed Carrots Cowboy Burger Baked Breaded Ravioli With Marinara</p>
<p>26</p> <p>Taco Salad Bowl Beef Tacos Rice &amp; Refried Beans Fried Egg Burger Lasagna Roll ups</p>	<p>27</p> <p>Sweet &amp; Sour Chicken or Asian Meatballs with Italian Roasted Vegetables Cowboy Burger Tri Color Tortellini</p>	<p>28</p> <p>BBQ Ribette Sandwich or Sloppy Joe on a Bun With Fries &amp; Italian Cucumber Salad Bacon Cheddar Burger Vegetable Rotini Pasta</p>	<p>29</p> <p>Tso Chicken Or Sweet &amp; Sour Shrimp Italian Noodle Bake Mushroom Swiss Burger</p>	<p>30</p> <p>Grilled Pesto Chicken Breast or Lemon Chicken Cutlets with Potato Wedges and Broccoli Slaw Cheese Ravioli Fiesta Burger</p>

## Pizza Specials Cheese Pizza Daily

Monday: Sausage

Tuesday: Meat Stromboli

Wednesday: Hawaiian Pizza

Thursday: Vegetable Pizza

Friday: Pepperoni Pizza

### Cafeteria Open For Service Daily

7am – 7:40 am – Breakfast

Late Start Thursday 8:30am-9:20am

10:35am – 2:10pm – Lunch

Make Payments on-line at

[www.myschoolbucks.com](http://www.myschoolbucks.com)

Food Service Manager

xyz

847.949.2200 ext. 1217

# August Breakfast Menu 2019



<p>12</p> <p><b>Teacher Institute No School</b></p>	<p>13</p> <p><u>Daily Special Entrée</u> Pancake Bites Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Burrito</p>	<p>14</p> <p><u>Daily Special Entrée</u> Fiesta Eggs Tacos Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Bagel</p>	<p>15</p> <p><u>Daily Special Entrée</u> Scrambled Eggs With Seasoned Potatoes Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Muffin</p>	<p>16</p> <p><b>Teacher Institute No School</b></p>
<p>19</p> <p><u>Daily Special Entrée</u> French Toast Sticks Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Chicken &amp; Waffles With Syrup</p>	<p>20</p> <p><u>Daily Special Entrée</u> Pancake Bites Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Burrito</p>	<p>21</p> <p><u>Daily Special Entrée</u> Fiesta Eggs Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Bagel</p>	<p>22</p> <p><u>Daily Special Entrée</u> Scrambled Eggs With Seasoned Potatoes Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Muffin</p>	<p>23</p> <p><u>Daily Special Entrée</u> Muffin with Egg, Cheese and Sausage Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Pancake Sandwich With Egg, Cheese, and Bacon</p>
<p>26</p> <p><u>Daily Special Entrée</u> French Toast Sticks Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Chicken &amp; Waffles With Syrup</p>	<p>27</p> <p><u>Daily Special Entrée</u> Pancake Bites Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Burrito</p>	<p>28</p> <p><u>Daily Special Entrée</u> Fiesta Eggs Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Bagel</p>	<p>29</p> <p><u>Daily Special Entrée</u> Scrambled Eggs With Seasoned Potatoes Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Egg, Bacon and Cheese Muffin</p>	<p>30</p> <p><u>Daily Special Entrée</u> Muffin with egg, Cheese and Sausage Fruit, Juice or Milk</p> <p><u>Daily Rise Special</u> Pancake Sandwich With Egg, Cheese, and Bacon</p>

## OUR MENU CONCEPTS

Dash: Fresh Prepackaged Items  
Crust: All things Italian  
Grill: Burger, Grilled Specials  
Hemisphere: International Foods  
Bread & Bowl: Sandwich & Soup  
Picante: Mexican/ Tex-Mex Cuisine  
Hearth: Hearty Seasonal Cooking  
Crave: Delicious Sweets

**OPEN 7am – 7:40am for Breakfast Each Day**  
**Daily Breakfast Entree**

**\$3.00**

**Comes with Milk Fruit or Juice**

**Rise Special**

**\$3.25-\$3.75**

xyz

Food Service Manager

Questfms

or 847.949.2200 ext. 1217