



QUICK BITES NEWSLETTER

PROGRAM UPDATE

Introducing *NEW* Vegetarian Options

We have been getting feedback from our vegetarian students that our options need improvements

Starting in October we will be introducing:

Black Bean Tacos (Oct. 16th)
NEW Veggie Burgers (Oct. 22nd)
& Plant Based Chicken Sandwiches (Oct. 29th)

HAVE FEEDBACK?

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ABOUT QUEST

The Quest Food Philosophy prioritizes the health and wellness of our students through chef-crafted recipes and scratch made cooking techniques using fresh, high-quality ingredients that are flavorful, wholesome and responsibly sourced. This philosophy translates into better food for students and includes the following standards across all our programs:



Milk that is free of antibiotics and does not contain artificial growth hormones



Produce that is fresh, fresh-frozen or packed in 100% juice or water



Cage-free shell and liquid eggs from regional farmers



Nut-safe cooking process free of nuts in prepared recipes



Elimination of harmful additives such as MSG and trans fats



Plant-based cooking oils and meat and dairy alternatives



Sustainable seafood following Marine Stewardship Council guidelines

