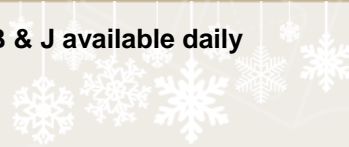


# December 2016 Quest Leadership



School Information: PB & J available daily



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

The U.S. Department of Agriculture ([www.usda.gov](http://www.usda.gov)) prohibits discrimination in all its programs and activities.



**Baked Chicken** 1  
**WG Rice & Gravy**  
**Broccoli**  
**WG Roll**  
**Fruit, Choice of Milk**

**Corn Dog** 2  
**Baked Tater Tots**  
**Green Beans**  
**Fresh Fruit**  
**Choice of Milk**

**Baked Spaghetti** 5  
**Corn on the Cob**  
**Tossed Salad (Romaine)**  
**WG Breadstick**  
**Fruit, Choice of Milk**

**Beef Bites** 6  
**Mashed Potatoes w/ Gravy**  
**Glazed Carrots**  
**WG Roll**  
**Fresh Fruit**  
**Choice of Milk**

**Fish Sticks** 7  
**Baked French Fries**  
**Hush Puppies**  
**Cole Slaw**  
**Fresh Fruit**  
**Choice of Milk**

**Hamburger** 8  
**Baked Tater Tots**  
**Baked Beans**  
**Fresh Fruit**  
**Choice of Milk**

**Beefy Cheesy Nachos** 9  
**Fiesta Corn**  
**Spanish Rice**  
**Tossed Salad (Romaine)**  
**Fruit, Choice of Milk**

**Hot Dog (chili)** 12  
**Baked Tater Tots**  
**Baked Beans**  
**Fresh Fruit**  
**Choice of Milk**

**Turkey Hoagie** 13  
**Sun Chips**  
**Baby Carrots w/FF Ranch**  
**Fresh Fruit**  
**Choice of Milk**

**Baked Sliced Turkey** 14  
**Mashed Potatoes w/Gravy**  
**Collard Greens**  
**Cornbread Muffin**  
**Fresh Fruit**  
**Choice of Milk**

**Corn Dog** 15  
**Baked Tater Tots**  
**Green Beans**  
**Fresh Fruit**  
**Choice of Milk**

**WG Pizza** 16  
**Corn**  
**Tossed Salad (Romaine)**  
**Fresh Fruit**  
**Choice of Milk**

**W** 19

**I** 20

**NT** 21

**E** 22

**R** 23

**B** 26

**R** 27

**E** 28

**A** 29

**K** 30