

October 2016

Quest Leadership Academy

BREAKFAST



School Information: Yogurt 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

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

3

Tuesday

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

4

Wednesday

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

5

Thursday

Cinnamon Roll
Fresh Fruit or Juice
Choice of Milk

6

Friday

Pancakes w/Sugar-free
syrup
Hash Browns
Fresh Fruit
Choice of Milk

7

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

10

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

11

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

12

TEACHER
WORK DAY

13

TEACHER
WORK DAY

14

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

17

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

18

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

19

Cinnamon Roll
Fresh Fruit or Juice
Choice of Milk

20

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

21

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

24

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

25

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

26

Blueberry Muffin
Choice of Fruit or Juice
Choice of Milk

27

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

28

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

31



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