

October 2016 Quest Leadership Academy

LUNCH



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

Fish Sticks **3**
Baked French Fries
Hush Puppies
Cole Slaw
Fresh Fruit
Choice of Milk

Beef Bites **4**
Mashed Potatoes
Broccoli
WG Roll
Fresh Fruit
Choice of Milk

Breaded Chicken **5**
Sandwich
Sun Chips
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

Corn Dog **6**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

WG Pizza **7**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Hot Dog (chili) **10**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

Turkey Hoagie w/LT **11**
Sun Chips
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

Baked Spaghetti **12**
Corn on the Cob
Tossed Salad (Romaine)
WG Breadstick
Fruit, Choice of Milk

13
TEACHER
WORK DAY!

14
TEACHER
WORK DAY!

Hamburger **17**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

WG Pizza **18**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Baked Chicken **19**
WG Rice & Gravy
Broccoli
Cornbread Muffin
Fresh Fruit
Choice of Milk

Beef Bites **20**
Mashed Potatoes
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Corn Dog **21**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

Fish Sandwich **24**
Baked French Fries
Cole Slaw
Fresh Fruit
Choice of Milk

Beefy Cheesy Nachos **25**
Spanish Rice
Fiesta Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Hot Dog (chili) **26**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

Grilled Cheese Sandwich **27**
Chicken Noodle Soup
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

WG Pizza **28**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Breaded Chicken **31**
Sandwich
Sun Chips
Green Beans
Fresh Fruit
Choice of Milk



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