

September 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

Tuesday

Wednesday

Thursday

Friday

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



WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

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

Cinnamon Roll
Choice of Fruit or Juice
Choice of Milk

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

Blueberry Muffin
Choice of Fruit or Juice
Choice of Milk

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

French Toast Stix w/sugar-free syrup
Hash Browns
Fresh Fruit
Choice of Milk

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

Cinnamon Roll
Choice of Fruit or Juice
Choice of Milk

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Blueberry Muffin
Choice of Fruit or Juice
Choice of Milk

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk