

# September 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



Ravioli  
Tossed Salad (Romaine)  
WG Breadstick  
Fresh Fruit  
Choice of Milk **6**

Fish Sandwich  
Baked French Fries  
Cole Slaw  
Fresh Fruit  
Choice of Milk **7**

Baked Chicken  
WG Rice & Gravy  
Glazed Carrots  
WG Roll  
Fresh Fruit  
Choice of Milk **8**

WG Pizza  
Corn on the Cob  
Tossed Salad (Romaine)  
Fresh Fruit  
Choice of Milk **9**

Pulled BBQ Chicken Sandwich  
Sun Chips  
Baby Carrots w/FF Ranch  
Fresh Fruit  
Choice of Milk **10**

Beef Bites  
Mashed Potatoes  
Broccoli  
WG Roll  
Fresh Fruit  
Choice of Milk **13**

Corn Dog  
Baked Tater Tots  
Baked Beans  
Fresh Fruit  
Choice of Milk **14**

Beef Taco  
Fiesta Corn  
Spanish Rice  
Fresh Fruit  
Choice of Milk **15**

Spaghetti & Meatballs  
Corn on the Cob  
Tossed Salad (Romaine)  
WG Breadstick  
Fresh Fruit  
Choice of Milk **16**

Hot Dog (Chili)  
Baked French Fries  
Baked Beans  
Fresh Fruit  
Choice of Milk **19**

Turkey Hoagie w/LT  
Sun Chips  
Baby Carrots w/FF Ranch  
Fresh Fruit  
Choice of Milk **20**

Beefy Cheesy Nacho  
Fiesta Corn  
Spanish Rice  
Fresh Fruit  
Choice of Milk **21**

Chicken Wrap w/FF Ranch  
Green Beans  
Baked Tater Tots  
Fresh Fruit  
Choice of Milk **22**

WG Pizza  
Corn on the Cob  
Tossed Salad (Romaine)  
Fresh Fruit  
Choice of Milk **23**

Ravioli  
Tossed Salad (Romaine)  
WG Breadstick  
Fresh Fruit  
Choice of Milk **26**

Hamburger  
Baked French Fries  
Baked Beans  
Fresh Fruit  
Choice of Milk **27**

Fried Chicken  
Mac & Cheese  
Turnip Greens  
Cornbread Muffin  
Fresh Fruit  
Choice of Milk **28**

WG Pizza  
Corn on the Cob  
Tossed Salad w/baby carrots  
(Romaine)  
Fresh Fruit  
Choice of Milk **29**

Hot Dog (Chili)  
Baked Tater Tots  
Baked Beans  
Fresh Fruit  
Choice of Milk **30**