

# April 2017

# Quest Leadership Academy

## BREAKFAST



**School Information:** Yogurt is 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

Grits **3**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

### Tuesday

Cinnamon Rolls **4**  
Choice of Applesauce or Juice  
Choice of Milk

### Wednesday

WG Cereal **5**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

### Thursday

French Toast Stix w/Syrup **6**  
Hash Browns  
Choice of Fruit, Juice or Applesauce  
Choice of Milk

### Friday

Breakfast Pizza **7**  
Hash Browns  
Applesauce  
Choice of Milk

*Spring* **10**  
*Break*

*Spring* **11**  
*Break*

*Spring* **12**  
*Break*

*Spring* **13**  
*Break*

*Spring* **14**  
*Break*



**17**

Sausage Biscuits **18**  
Hash Browns  
Fresh Fruit  
Choice of Milk

Grits **19**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

WG Cereal **20**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Blueberry Muffin **21**  
Choice of Applesauce or Juice  
Choice of Milk

Breakfast Pizza **24**  
Hash Browns  
Applesauce  
Choice of Milk

WG Cereal **25**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Sausage Biscuits **26**  
Hash Browns  
Fresh Fruit  
Choice of Milk

Cinnamon Rolls **27**  
Choice of Applesauce or Juice  
Choice of Milk

Grits **28**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk



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