

April 2017

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

Chicken Pot Pie **3**
WG Rice
Steamed Broccoli
Fresh Fruit
Choice of Milk

Tuesday

Hot Dog (chili) **4**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

Wednesday

Beefy Cheesy Nachos **5**
Fiesta Corn
Spanish Rice
Fresh Fruit
Choice of Fruit

Thursday

Grilled Chicken Fiesta Wrap **6**
String Cheese
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Fruit

Friday

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

Spring **10**
Break

Spring **11**
Break

Spring **12**
Break

Spring **13**
Break

Spring **14**
Break



17

Corn Dog **18**
Baked French Fries
Green Beans
Fresh Fruit
Choice of Fruit

Shepherds Pie **19**
Steamed Corn
Corn Bread Muffin
Fresh Fruit
Choice of Milk

Grilled Chicken **20**
WG Rice & Gravy
Steamed Broccoli
WG Roll
Fruit, Choice of Milk

Turkey & Cheese Hoagie **21**
Baby Carrots w/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

Hamburger **24**
Baked Beans
Baked French Fries
Fresh Fruit
Choice of Milk

Chicken Nuggets **25**
Baked Tater Tots
String Cheese
Fresh Fruit
Choice of Milk

Roasted Chicken Drumstick **26**
WG Rice & Gravy
Mixed Vegetables
WG Roll
Fruit, Choice of Milk

Beef Bites **27**
Mashed Potatoes
Steamed Broccoli
WG Roll
Fruit, Choice of Milk

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



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