

December 2017

Quest Leadership



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

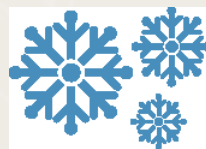
Tuesday

Wednesday

Thursday

Friday

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



Corn Dog
Baked Tater Tots
Green Beans
Fresh Fruit
Choice of Milk **1**

Chicken Tenders w/sauce **4**
Green Beans
Baked Tater Tots
Fresh Fruit
Choice of Milk

Baked Chicken **5**
WG Rice & Gravy
Broccoli
WG Roll
Fruit, Choice of Milk

Cup of Chili **6**
Corn Bread Muffin
Glazed Carrots
Fresh Fruit
Choice of Milk

Baked Spaghetti **7**
Corn on the Cob
Tossed Salad (Romaine)
WG Breadstick
Fruit, Choice of Milk

Hot Dog (chili) **8**
Baked Beans
Baked Tater Tots
Fresh Fruit
Choice of Milk

Sloppy Joe **11**
Baked French Fries
Green Beans
Fresh Fruit
Choice of Milk

Beefy Cheesy Nachos **12**
Spanish Rice
Fiesta Corn
Fresh Fruit
Choice of Milk

Beef Bites **13**
Mashed Potatoes w/ Gravy
Glazed Carrots
WG Roll
Fresh Fruit
Choice of Milk

Shepherd's Pie **14**
Broccoli
Cornbread Muffin
Fresh Fruit
Choice of Milk

WG Pizza **15**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Hamburger **18**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

Cup of Chili **19**
Corn Bread Muffin
Collard Greens
Fresh Fruit
Choice of Milk

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

Winter Break **21**

Winter Break **22**

Christmas **25**

Winter **26**
Break

Winter **27**
Break

Winter **28**
Break

Winter **29**
Break