

# February 2017 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**



Blank menu box for Monday.

Blank menu box for Tuesday.

WG Pancakes w/Syrup **1**  
Hash Browns  
Fresh Fruit  
Choice of Milk

Grits **2**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

Pop Tarts **3**  
Choice of Applesauce or Juice  
Choice of Milk

WG Cereal **6**  
WG Toast  
Fresh fruit or Juice  
Choice of Milk

Sausage Biscuit **7**  
Hash Browns  
Fresh Fruit  
Choice of Milk

Cinnamon Roll **8**  
Choice of Applesauce or Juice  
Choice of Milk

Grits **9**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

Breakfast Pizza **10**  
Hash Browns  
Applesauce  
Choice of Milk

Sausage Biscuit **13**  
Hash Browns  
Fresh Fruit  
Choice of Milk

Blueberry Muffin **14**  
Choice of Fruit or Juice  
Choice of Milk

Breakfast Pizza **15**  
Hash Browns  
Applesauce  
Choice of Milk

WG Cereal **16**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Grits **17**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

**HAPPY PRESIDENTS DAY!** **20**

Breakfast Pizza **21**  
Hash Browns  
Applesauce  
Choice of Milk

Pop Tarts **22**  
Choice of Applesauce or Juice  
Choice of Milk

WG Cereal **23**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Sausage Biscuit **24**  
Hash Browns  
Fresh Fruit  
Choice of Milk

Cinnamon Roll **27**  
Choice of Applesauce or Juice  
Choice of Fruit

WG Cereal **28**  
WG Toast  
Fresh fruit or Juice  
Choice of Milk

Blank menu box for Wednesday.



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