

# January 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

Breakfast Pizza **2**  
Hash Browns  
Applesauce  
Choice of Milk

WG Pancakes w/Syrup **9**  
Hash Browns  
Fresh Fruit  
Choice of Milk

**Martin Luther King Day** **16**  


Blueberry Muffin **23**  
Choice of Fruit or Juice  
Choice of Milk

Breakfast Pizza **30**  
Hash Browns  
Applesauce  
Choice of Milk

## Tuesday

WG Cereal **3**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Pop Tarts **10**  
Choice of Applesauce or Juice  
Choice of Milk

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

French Toast Stix w/Syrup **24**  
Hash Browns  
Fresh Fruit  
Choice of Milk

WG Cereal **31**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

## Wednesday

Sausage Biscuit **4**  
Hash Browns  
Fresh Fruit  
Choice of Milk

Breakfast Pizza **11**  
Hash Browns  
Applesauce  
Choice of Milk

WG Cereal **18**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Grits **25**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk



## Thursday

Blueberry Muffin **5**  
Choice of Fruit or Juice  
Choice of Milk

WG Cereal **12**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

WG Pancakes w/Syrup **19**  
Hash Browns  
Fresh Fruit  
Choice of Milk

WG Cereal **26**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

## Friday

Grits **6**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

**TEACHER WORK DAY** **13**

Breakfast Pizza **20**  
Hash Browns  
Applesauce  
Choice of Milk

Sausage Biscuit **27**  
Hash Browns  
Fresh Fruit  
Choice of Milk

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