

May 2017

Quest Leadership Academy

BREAKFAST



School Information: Yogurt (Vanilla, Strawberry) 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

WG Cereal **1**
WG Toast
Fresh Fruit or Juice
Choice of Milk

Tuesday

French Toast Stix w/ Syrup **2**
Hash Browns
Choice of Fruit, Juice, or Applesauce
Choice of Milk

Wednesday

Breakfast Pizza **3**
Hash Browns
Applesauce
Choice of Milk

Thursday

Grits **4**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Friday

Cinnamon Rolls **5**
Choice of Applesauce or Juice
Choice of Milk

WG Pancakes w/Syrup **8**
Hash Browns
Choice of Fruit, Juice, or Applesauce
Choice of Milk

Blueberry Muffin **9**
Choice of Applesauce or Juice
Choice of Milk

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

WG Cereal **11**
WG Toast
Fresh Fruit or Juice
Choice of Milk

Sausage Biscuit **12**
Hash Browns
Fresh Fruit
Choice of Milk

Cinnamon Rolls **15**
Choice of Applesauce or Juice
Choice of Milk

Grits **16**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

WG Cereal **17**
WG Toast
Fresh Fruit or Juice
Choice of Milk

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

Breakfast Pizza **19**
Hash Browns
Applesauce
Choice of Milk

French Toast Stix w/Syrup **22**
Hash Browns
Choice of Fruit, Juice, or Applesauce
Choice of Milk

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

Grits **24**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Pop Tarts **25**
Choice of Applesauce or Juice
Choice of Milk

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



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

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

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