

May 2017

Quest Leadership Academy

LUNCH



School Information: PB & J available daily.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Hot Dog (chili) **1**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

Tuesday

Baked Spaghetti **2**
WG Breadstick
Corn on the Cob
Tossed Salad (Romaine)
Fruit, Choice of Milk

Wednesday

Shepherds Pie **3**
Corn
Corn Bread Muffin
Fresh Fruit
Choice of Milk

Thursday

Turkey & Cheese Hoagie **4**
Baby Carrots w/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

Friday

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

Beef Bites **8**
Mashed Potatoes
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Sloppy Joe **9**
Baked Beans
Baked French Fries
Fresh Fruit
Choice of Milk

Grilled Cheese Sandwich **10**
Chicken Noodle Soup
Broccoli
Fresh Fruit
Choice of Milk

Chicken Pot Pie **11**
WG Rice
Fresh Fruit
Choice of Milk

Corn Dog **12**
Baked Tater Tots
Green Beans
Fresh Fruit
Choice of Milk

Bowl of Chili **15**
Mixed Vegetables
Corn Bread Muffin
String Cheese
Fruit, Choice of Milk

Fish Sandwich **16**
Baked French Fries
Cole Slaw
Fresh Fruit
Choice of Milk

Grilled Chicken **17**
Broccoli
WG Rice & Gravy
WG Roll
Fruit, Choice of Milk

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

WG Pizza **19**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Chicken Tenders **22**
Green Beans
String Cheese
Fresh Fruit
Choice of Milk

Corn Dog **23**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

WG Pizza **24**
Corn on the Cob
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

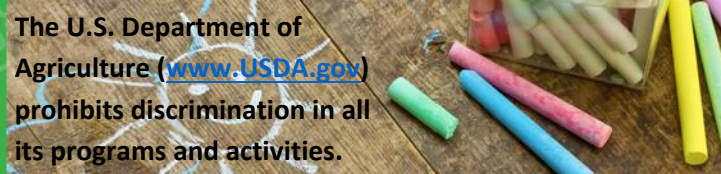
Breaded Chicken Sandwich **24**
Baby Carrots w/FF Ranch
Sun Chips
Fresh Fruit
Choice of Milk

Beef Taco (Soft Shell) **26**
Fiesta Corn
Spanish Rice
Fresh Fruit
Choice of Milk



Hot Dog (Chili) **30**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

BAG LUNCH **31**
Turkey Sandwich
Bag of Chips
Baby Carrots w/FF Ranch
Fruit, Choice of Milk



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