

October 2017 Quest Leadership Academy

BREAKFAST



School Information: Yogurt is available daily

1st – 5th Grade Menu



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

Grits 2
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Sausage Biscuit 9
Hash Browns
Fresh Fruit
Choice of Milk

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

Cinnamon Rolls 23
Choice of Applesauce or Juice
Choice of Milk

Sausage Biscuit 30
Hash Browns
Fresh Fruit
Choice of Milk

Tuesday

WG Pancakes w/Syrup 3
Hash Browns
Choice of Fruit or Juice
Choice of Milk

Grits 10
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

WG Pancakes w/Syrup 17
Hash Browns
Choice of Fruit or Juice
Choice of Milk

Sausage Biscuit 24
Hash Browns
Fresh Fruit
Choice of Milk

Breakfast Pizza 31
Hash Browns
Applesauce
Choice of Milk

Wednesday

Cinnamon Rolls 4
Choice of Applesauce or Juice
Choice of Milk

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

Breakfast Pizza 18
Hash Browns
Applesauce
Choice of Milk

Grits 25
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk



Thursday

WG Cereal 5
WG Toast
Fresh Fruit or Juice
Choice of Milk

Blueberry Muffin 12
Choice of Applesauce or Juice
Choice of Milk

**Teacher
Work
Day** 19

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

Friday

Breakfast Pizza 6
Hash Browns
Applesauce
Choice of Milk

French Toast Stix 13
w/Syrup
Hash Browns
Choice of Fruit or Juice
Choice of Milk

**Teacher
Work
Day** 20

Pop Tarts 27
Choice of Applesauce or Juice
Choice of Milk

