

October 2017 Quest Leadership Academy

BREAKFAST



K4-K5



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

Cinnamon Raisin Bagel **2**
Applesauce
Choice of Milk

Pancake/Sausage **3**
Choice of Fruit or Juice
Choice of Milk

Yogurt **4**
Fresh Fruit
Choice of Milk

Hash Brown Patty **5**
Applesauce
Choice of Milk

Granola Bar **6**
Choice of Fruit or Applesauce
Choice of Milk

Blueberry Muffin **9**
Applesauce
Choice of Milk

Cereal Bar **10**
Fresh Fruit
Choice of Milk

Cinnamon Rolls **11**
Choice of Fruit or Juice
Choice of Milk

Pancake/Sausage **12**
Choice of Fruit or Juice
Choice of Milk

Yogurt **13**
Fresh Fruit
Choice of Milk

Hash Brown Patty **16**
Applesauce
Choice of Milk

Granola Bar **17**
Choice of Fruit or Applesauce
Choice of Milk

Cinnamon Raisin Bagel **18**
Applesauce
Choice of Milk

Teacher **19**
Work
Day

Teacher **20**
Work
Day

Pancake/Sausage **23**
Choice of Fruit or Juice
Choice of Milk

Blueberry Muffin **24**
Applesauce
Choice of Milk

Yogurt **25**
Fresh Fruit
Choice of Milk

Cereal Bar **26**
Fresh Fruit
Choice of Milk

Hash Brown Patty **27**
Applesauce
Choice of Milk

Granola Bar **30**
Choice of Fruit or Applesauce
Choice of Milk

Cinnamon Rolls **31**
Choice of Fruit or Juice
Choice of Milk



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