

# October 2017 Quest Leadership Academy

LUNCH



**School Information:** PB & J 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

Tuesday

Wednesday

Thursday

Friday

Hot dog (chili) **2**  
Baked Beans  
Baked Tater Tots  
Fresh Fruit  
Choice of Milk

Baked Chicken **3**  
WG Rice & Gravy  
Broccoli  
WG Roll  
Fresh Fruit  
Choice of Milk

Hamburger **4**  
Baked Beans  
Baked French Fries  
Fresh Fruit  
Choice of Milk

Turkey & Cheese Hoagie **5**  
Sun Chips  
Baby Carrots w/FF Ranch  
Fresh Fruit  
Choice of Milk

WG Pizza **6**  
Corn  
Tossed Salad (Romaine)  
Fresh Fruit  
Choice of Milk

Sloppy Joe **9**  
Baked Beans  
Baked Tater Tots  
Fresh Fruit  
Choice of Milk

Baked Spaghetti **10**  
WG Breadstick  
Corn on the Cob  
Tossed Salad (Romaine)  
Fresh Fruit  
Choice of Milk

Fish Sandwich **11**  
Baked French Fries  
Cole Slaw  
Fresh Fruit  
Choice of Milk

Beefy Cheesy Nachos **12**  
Spanish Rice  
Fiesta Corn  
Fresh Fruit  
Choice of Milk

Chicken Tenders w/sauce **13**  
Baby Carrots w/FF Ranch  
Green Beans  
Fresh Fruit  
Choice of Milk

Beef Bites **16**  
Mashed Potatoes  
Glazed Carrots  
WG Roll  
Fresh Fruit  
Choice of Milk

Corn Dog **17**  
Baked Beans  
Baked French Fries  
Fresh Fruit  
Choice of Milk

WG Pizza **18**  
Corn  
Tossed Salad (Romaine)  
Fresh Fruit  
Choice of Milk

**Teacher **19**  
Work  
Day**

**Teacher **20**  
Work  
Day**

Ravioli **23**  
Corn on the Cob  
Tossed Salad (Romaine)  
WG Breadstick  
Fresh Fruit  
Choice of Milk

Fish Sticks w/tartar sauce **24**  
Baked French Fries  
Hush Puppies  
Fresh Fruit  
Choice of Milk

Meatloaf **25**  
Mashed Potatoes  
Collard Greens  
Cornbread Muffin  
Fresh Fruit  
Choice of Milk

Hot dog (chili) **26**  
Baked Beans  
Baked Tater Tots  
Fresh Fruit  
Choice of Milk

WG Pizza **27**  
Corn  
Tossed Salad (Romaine)  
Fresh Fruit  
Choice of Milk

Breaded Chicken Sandwich **30**  
Green Beans  
Baked Tater Tots  
Fresh Fruit  
Choice of Milk

Shepherd's Pie **31**  
Corn  
Cornbread Muffin  
Fresh Fruit  
Choice of Milk



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