

September 2017 Quest Leadership Academy

BREAKFAST



School Information: Yogurt is available daily.

1st - 5th Grade



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

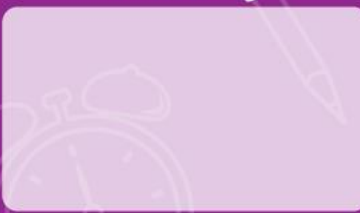
Tuesday

Wednesday

Thursday

Friday

The U.S. Department of Agriculture (www.USDA.gov) prohibits discrimination in all its programs and activities.



Breakfast Pizza 1
Hash Browns
Applesauce
Choice of Milk



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

Sausage Biscuit 6
Hash Browns
Fresh Fruit
Choice of Milk

Pop Tarts 7
Choice of Applesauce or Juice
Choice of Milk

Breakfast Pizza 8
Hash Browns
Applesauce
Choice of Milk

Blueberry Muffin 11
Choice of Applesauce or Juice
Choice of Milk

Sausage Biscuit 12
Hash Browns
Fresh Fruit
Choice of Milk

WG Cereal 13
WG Toast
Fresh Fruit or Juice
Choice of Milk

Grits 14
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Cinnamon Rolls 15
Choice of Applesauce or Juice
Choice of Juice

WG Pancakes w/syrup 18
Hash Browns
Choice of Applesauce or Juice
Choice of Milk

Grits 19
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Breakfast Pizza 20
Hash Browns
Applesauce
Choice of Milk

WG Cereal 21
WG Toast
Fresh Fruit or Juice
Choice of Milk

Sausage Biscuit 22
Hash Browns
Fresh Fruit
Choice of Milk

Grits 25
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

French Toast Stix w/syrup 26
Hash Browns
Choice of Fruit or Juice
Choice of Milk

Pop Tarts 27
Choice of Applesauce or Juice
Choice of Milk

Breakfast Pizza 28
Hash Browns
Applesauce
Choice of Milk

WG Cereal 29
WG Toast
Fresh Fruit or Juice
Choice of Milk