

September 2017

Quest Leadership

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

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4

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

5

Beefy Cheesy Nacho
Spanish Rice
Fiesta Corn
Fresh Fruit
Choice of Milk

6

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

7

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

8

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

11

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

12

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

13

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

14

Hamburger
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

15

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

18

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

19

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

20

Breaded Chicken Sandwich
Green Beans
Baked French Fries
Fresh Fruit
Choice of Milk

21

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

22

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

25

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

26

Grilled Cheese Sandwich
Chicken Noodle Soup
w/Broccoli
Fresh Fruit
Choice of Milk

27

Pulled BBQ Chicken
Sandwich
Sun Chips
Baby Carrots w/FF Ranch
Fresh Fruit
Choice of Milk

28

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

29