

January 2018

Quest Leadership Academy

BREAKFAST



School Information: Yogurt is 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



1

NO
SCHOOL

2

Grits
Turkey Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

3

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

4

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

5

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

8

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

9

WG French Toast Sticks
Hash Browns
Fresh Fruit
Choice of Milk

10

Grits
Turkey Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

11

Blueberry Muffin
Choice of Fruit or Juice
Choice of Milk

12



15

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

16

Cinnamon Rolls
Choice of Fruit or Juice
Choice of Milk

17

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

18

Sausage Biscuit
Hash Browns
Applesauce
Choice of Milk

19

Sausage Pancake roll
Hash Browns
Fresh Fruit
Choice of Milk

22

Grits
Turkey Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

23

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

24

Blueberry Muffin
Choice of Fruit or Juice
Choice of Milk

25

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

26

WG Cereal
WG Toast
Fresh Fruit or Juice
Choice of Milk

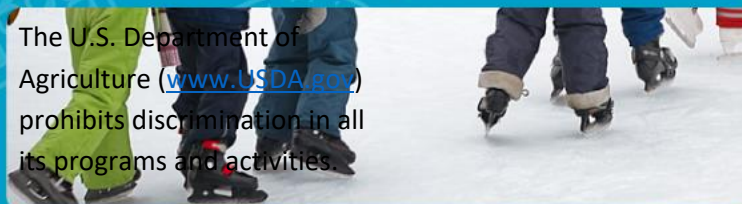
29

WG Pancakes
Hash Browns
Fresh Fruit
Choice of Milk

30

Grits
Turkey Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

31



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