

# January 2018

# Quest Leadership Academy



**School Information:** PB&J 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

Hamburger  
Baked French Fries  
Baked Beans  
Fresh Fruit  
Choice of Milk

3

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

4

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

5

Corn Dog  
Baked Tater Tots  
Green Beans  
Fresh Fruit  
Choice of Milk

8

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

9

Cup of Chili  
Corn Bread Muffin  
Collard Greens  
Fresh Fruit  
Choice of Milk

10

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

11

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

12



15

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

16

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

17

Chicken Noodle Soup  
Grilled Cheese Sandwich  
Baby Carrots w/FF Ranch  
Fresh Fruit  
Choice of Milk

18

Hamburger  
Baked French Fries  
Baked Beans  
Fresh Fruit  
Choice of Milk

19

Chicken Tenders w/sauce  
Baked Beans  
Baked French Fries  
Fresh Fruit  
Choice of Milk

22

Pulled BBQ Chicken  
Sandwich  
Glazed Carrots  
Sun Chips  
Fruit, Choice of Milk

23

Corn Dog  
Baked Tater Tots  
Green Beans  
Fresh Fruit  
Choice of Milk

24

Shepherd's Pie  
Broccoli  
Cornbread Muffin  
Fresh Fruit  
Choice of Milk

25

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

26

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

29

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

30

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

31

