

August 2017 Quest Leadership Academy

BREAKFAST



K4-K5 MENU



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.

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SE2017 21

Blueberry Muffin 22
Applesauce
Choice of Milk

Cereal Bar 23
Fresh Fruit
Choice of Milk

Cinnamon Rolls 24
Choice of Fruit or Juice
Choice of Milk

Granola Bar 25
Choice of Fruit or Applesauce
Choice of Milk

Yogurt 28
Fresh Fruit
Choice of Milk

Hash Brown Patty 29
Applesauce
Choice of Milk

Pop Tart 30
Fresh Fruit
Choice of Milk

Pancake/Sausage 31
Choice of Fruit or Juice
Choice of Milk