

August 2017 Quest Leadership Academy

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

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

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

23

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

24

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

25

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

28

Hamburger
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

29

Baked Spaghetti
Corn on the Cob
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

30

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

31

Corn Dog
Green Beans
Baked French Fries
Fresh Fruit
Choice of Milk

