

August 2016

Quest Leadership

BREAKFAST



School Information: Yogurt 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

2

3

4

5

8

9

10

11

12

15



Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

16

WG Cereal
WG Toast
Choice of Fruit or Juice
Choice of Milk

17

Pop Tarts
Choice of Applesauce or Juice
Choice of Milk

18

Grits
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

19

French Toast Stix w/syrup
Hash Browns
Fresh Fruit
Choice of Milk

20

WG Cereal
WG Toast
Choice of Fruit or Juice
Choice of Milk

23

Cinnamon Roll
Choice of Fruit or Juice
Choice of Milk

24

Sausage Biscuit
Hash Browns
Fresh Fruit
Choice of Milk

25

Blueberry Muffin
Choice of Fruit or Juice
Choice of Milk

26

WG Cereal
WG Toast
Choice of Fruit or Juice
Choice of Milk

29

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

30

Pop Tarts
Choice of Applesauce or Juice
Choice of Milk

31

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