

August 2016

Quest Leadership



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



1



2



3



4



5



8



9



10



11



12



15

Hot Dog (chili)
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

16

Beef Bites
Mashed Potatoes
Broccoli
WG Roll
Fruit, Choice of Milk

17

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

18

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

19

Hamburger
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

22

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

23

Fish Sticks
Baked French Fries
Hush Puppies
Cole Slaw
Fruit, Choice of Milk

24

Chicken Tenders
Baked Sweet Potato Bites
Green Beans
Fresh Fruit
Choice of Milk

25

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

26

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

29

Beefy Cheesy Nachos
w/Salsa
Fiesta Corn
Spanish Rice
Fruit, Choice of Milk

30

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

31

