

February 2016 Quest Leadership Academy

LUNCH



PB & J sandwich available daily.



Nutrition Tip: Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries

Monday

Hot Dog (chili) **1**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

WG Turkey & Cheese **3**
Wrap
Baby Carrots w/FF Ranch
Sun Chips
Fruit, Choice of Milk



Beefy Cheesy Nachos **32**
Spanish Nachos
Fiesta Corn
Fresh Fruit
Choice of Milk

Beef Bites **29**
Mashed Potatoes
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Tuesday

Spaghetti & Meatballs **2**
Corn
Tossed Salad (Romaine)
WG Breadstick
Fruit, Choice of Milk

Baked Fish Sandwich **9**
Baked French Fries
Cole Slaw
Fresh Fruit
Choice of Milk

Corn Dog **16**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

WG Turkey & Cheese **23**
Hoagie
Baby Carrots w/FF Ranch
Sun Chips
Fruit, Choice of Milk



Wednesday

Smoked Turkey Sandwich **6**
Cheesy Potato & Broccoli
Soup
Fresh Fruit
Choice of Milk

Baked Chicken **10**
WG Rice e& Gravy
Broccoli
WG Roll
Fruit, Choice of Milk

Salisbury Steak **17**
Mashed Potatoes
Broccoli
WG Roll
Fruit, Choice of Milk

Cheeseburger **24**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk



Thursday

Beef Bites **4**
Mashed Potatoes
Glazed Carrots
WG Roll
Fruit, Choice of Milk

WG Pizza **11**
Tossed Salad (Romaine)
Corn
Fresh Fruit
Choice of Milk

Hot Dog (chili) **18**
Baked French Fries
Cole Slaw
Fresh Fruit
Choice of Milk

BBQ Chicken **25**
WG Rice & Gravy
Broccoli
WG Roll
Fruit, Choice of Milk

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Friday

Beefy Cheesy Nachos **5**
Spanish Nachos
Fiesta Corn
Fresh Fruit
Choice of Milk

Grilled Cheese Sandwich **12**
Chicken Noodle Soup
Baby Carrots w/FF Ranch
Fruit, Choice of Milk

Pulled BBQ Chicken **19**
Sandwich
Baked Sweet Potato Bites, Pinto Beans
Fruit, Choice of Milk

WG Pizza **26**
Tossed Salad (Romaine)
Corn
Fresh Fruit
Choice of Milk

