

February 2016 Quest Leadership Academy

BREAKFAST



Yogurt is available daily.



Nutrition Tip:

Fifteen percent of Americans skip breakfast on a typical day, yet breakfast – including ready-to-eat cereal – contributes less than 20 percent of daily calories. Reference: NHANES data 2009-2010

Monday

WG Cereal **1**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Tuesday

Sausage Biscuit **2**
Hash Browns
Applesauce
Choice of Milk

Wednesday

Cinnamon Roll **3**
Choice of Fruit or Juice
Choice of Milk

Thursday

Grits **4**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Friday

WG Pancakes w/syrup **5**
Hash Browns
Applesauce
Choice of Milk

Blueberry Muffin **8**
Choice of Fruit or Juice
Choice of Milk

WG Cereal **9**
WG Toast
Choice of Fruit or Juice
Choice of Milk

French Toast Stix w/syrup **10**
Hash Browns
Applesauce
Choice of Milk

Breakfast Pizza **11**
Hash Browns
Applesauce
Choice of Milk

Grits **12**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk



Pop Tarts **16**
Choice of Applesauce or Fruit
Choice of Milk

Sausage Biscuit **17**
Hash Browns
Applesauce
Choice of Milk

Blueberry Muffin **18**
Choice of Fruit or Juice
Choice of Milk

WG Cereal **19**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Breakfast Pizza **22**
Hash Browns
Applesauce
Choice of Milk

French Toast Stix w/syrup **23**
Hash Browns
Applesauce
Choice of Milk

WG Cereal **24**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Grits **25**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Sausage Biscuit **26**
Hash Browns
Applesauce
Choice of Milk

WG Cereal **29**
WG Toast
Choice of Fruit or Juice
Choice of Milk



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