

March 2016

Quest Leadership

BREAKFAST



Yogurt is available daily.



Nutrition Tip: MyPlate recommends:

The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Monday

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

Blueberry Muffin **7**
Choice of Fruit or Juice
Choice of Milk

Grits **14**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Breakfast Pizza **21**
Hash Browns
Applesauce
Choice of Milk

Tuesday

Cinnamon Roll **1**
Choice of Fruit or Juice
Choice of Milk

WG Cereal **8**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Blueberry Muffin **15**
Choice of Fruit or Juice
Choice of Milk

WG Pancakes w/syrup **20**
Hash Browns
Applesauce
Choice of Milk

Wednesday

WG Pancakes w/syrup **2**
Hash Browns
Applesauce
Choice of Milk

French Toast w/syrup **9**
Hash Browns
Applesauce
Choice of Milk

WG Cereal **16**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Pop Tarts **23**
Choice of Applesauce or Fruit
Choice of Milk

Thursday

Grits **3**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Pop Tarts **10**
Choice of Applesauce or Fruit
Choice of Milk

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

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

Friday

Sausage Biscuit **4**
Hash Browns
Applesauce
Choice of Milk

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

Cinnamon Roll **18**
Choice of Fruit or Juice
Choice of Milk

Snow Day **25**



SPRING BREAK!!

