

May 2016

Quest Leadership Academy

LUNCH



PB & J sandwich available daily.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Breaded Chicken Sandwich **2**
Baked Tater Tots
Broccoli
Fruit, Choice of Milk

Tuesday

Beefy Cheesy Nachos **3**
Fiesta Corn
Spanish Rice
Fresh Fruit
Choice of Milk

Wednesday

Hamburger **4**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

Thursday

Beef Bites **5**
Mashed Potatoes
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Friday

WG Pizza **6**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Hot Dog (Chili) **9**
Baked Tater Tots
Baked Beans
Fresh Fruit
Choice of Milk

Spaghetti & Meatballs **10**
Corn on the Cob
Tossed Salad (Romaine)
WG Breadstick
Fruit, Choice of Milk

Meatloaf **11**
Mashed Potatoes
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Baked Chicken **12**
WG Rice & Gravy
Turnip Greens
Corn Bread Muffin
Fruit, Choice of Milk

Beefy Cheesy Nachos **13**
Fiesta Corn
Spanish Rice
Fresh Fruit
Choice of Milk

WG Pizza **16**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk

Beef Bites **17**
Mashed Potatoes
Glazed Carrots
WG Roll
Fruit, Choice of Milk

Fish Sandwich **18**
Baked Tater Tots
Cole Slaw
Fresh Fruit
Choice of Milk

Corn Dog **19**
Chili Beans
Baked Sweet Potato Bites
Fresh Fruit
Choice of Milk

Hamburger **20**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

Beefy Cheesy Nachos **23**
Fiesta Corn
Spanish Rice
Fresh Fruit
Choice of Milk

Chicken Tenders w/honey mustard sauce **24**
Baby Carrots w/FF Ranch
Baked Tater Tots
Fruit, Choice of Milk

Spaghetti & Meatballs **25**
Corn on the Cob
Tossed Salad (Romaine)
WG Breadstick
Fruit, Choice of Milk

Hot Dog (Chili) **26**
Baked French Fries
Baked Beans
Fresh Fruit
Choice of Milk

WG Pizza **27**
Corn
Tossed Salad (Romaine)
Fresh Fruit
Choice of Milk



BAG LUNCH **31**
Turkey & Cheese Sandwich *Plain Lays
Chips *Baby Carrots
*Fruit *Choice of Milk



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