

# August 2020

# Breakfast Menu



**GIRLS ATHLETIC  
LEADERSHIP SCHOOLS**  
LAS VEGAS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	11	12	13	14
17 Rice Krispies Fruit Juice Pineapple	18 • Plain Bagels w/ Cream Cheese Fruit Juice Pears	19 • Whole Grain Bread Sunbutter Banana	20 • English Muffin w/ butter & Jam Fruit Juice Peaches	21 Rice Chex Cereal Oranges
24 Cheerios Fruit Juice Peaches	25 • Raisin Bread w/ Butter Fruit Juice Mandarin Oranges	26 • Bluberry Muffin Fresh Melon	27 • Frosted Mini Wheat Cereal Apple	28 • English Muffin w/ butter & jam Banana
31 • Scooter Cereal Fruit Juice Fruit Cocktail				

**betterlunch**  
REAL, DELICIOUS LUNCHES MADE FRESH

**ALLERGENS:**

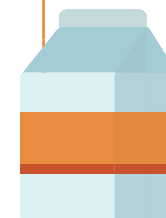
- Contains Soy
- Contains Egg
- Contains Milk
- Contains Wheat/Gluten

The list of ingredients used in food preparation is available upon request from Better Lunch. Please contact Anna Arenas at [anna@mybetterlunch.com](mailto:anna@mybetterlunch.com) if you wish to receive the list of ingredients.

Upon submission of medical documentation, meals addressing food allergies will be available.

\*Menu may change due to availability and holidays. Fruits and Veggies may change without notice as we want to serve the freshest items possible!

\*\*Quest Preparatory Academy is an equal opportunity employer.\*\*



1% White  
or Fat Free  
Chocolate  
Milk served  
with all meals

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# Lunch Menu



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LEADERSHIP SCHOOLS**  
LAS VEGAS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	11	12	13	14
17 <ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Steamed Broccoli</li> <li>• Applesauce</li> <li>• Breadstick</li> </ul>	18 <ul style="list-style-type: none"> <li>• • • Taco Pie</li> <li>• Corn</li> <li>• Peaches</li> <li>• Tortilla</li> </ul>	19 <ul style="list-style-type: none"> <li>• • Penne Alfredo w/ Chicken Green Beans</li> <li>• Honeydew</li> <li>• Melon</li> </ul>	20 <ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• Carrot Sticks</li> <li>• Mandarin Oranges</li> <li>• ketchup/ mustard</li> </ul>	21 <ul style="list-style-type: none"> <li>• • Turkey &amp; Prov Sub</li> <li>• Black Bean Salad</li> <li>• Fruit Cocktail</li> <li>• mayo</li> </ul>
24 <ul style="list-style-type: none"> <li>• • Pizza</li> <li>• Dippers w/ Marinara Sauce</li> <li>• Mixed Veggies</li> <li>• Pears</li> </ul>	25 <ul style="list-style-type: none"> <li>• Sloppy Joe</li> <li>• Baked Beans</li> <li>• Pineapple</li> </ul>	26 <ul style="list-style-type: none"> <li>• • Pulled BBQ</li> <li>• Chicken Sandwich</li> <li>• Carrot Sticks</li> <li>• Apples</li> </ul>	27 <ul style="list-style-type: none"> <li>• • Housemade Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Fruit Cocktail</li> <li>• Breadstick</li> </ul>	28 <ul style="list-style-type: none"> <li>• Spaghetti w/ meatsauce</li> <li>• Garden Salad w/ Ranch</li> <li>• Mandarin Oranges</li> </ul>
31 <ul style="list-style-type: none"> <li>• • Bean &amp; Beef Burrito</li> <li>• Steamed Carrots</li> <li>• Pears</li> </ul>				

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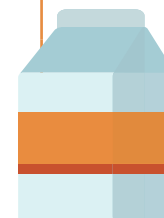
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