

April 2016

Quest Leadership Academy

BREAKFAST



Yogurt is available daily



Nutrition Tip: Drink Water! Drink water instead of sugary drinks when you're thirsty. To maintain a healthy weight, sip water or other drinks with few or no calories.

Reference: USDA. MyPlate.gov

Monday

Tuesday

Wednesday

Thursday

Friday

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



SPRING BREAK

WG Cereal **4**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Sausage Biscuit **5**
Hash Browns
Applesauce
Choice of Milk

Cinnamon Roll **6**
Choice of Fruit or Juice
Choice of Milk

Grits **7**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Breakfast Pizza **8**
Hash Browns
Applesauce
Choice of Milk

French Toast w/syrup **11**
Hash Browns
Applesauce
Choice of Milk

Blueberry Muffin **12**
Choice of Fruit or Juice
Choice of Milk

WG Cereal **13**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Breakfast Pizza **14**
Hash Browns
Applesauce
Choice of Milk

Sausage Biscuit **15**
Hash Browns
Applesauce
Choice of Milk

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

WG Pancakes w/syrup **19**
Hash Browns
Applesauce
Choice of Milk

Grits **20**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Blueberry Muffin **21**
Choice of Fruit or Juice
Choice of Milk

WG Cereal **22**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Sausage Biscuit **25**
Hash Browns
Applesauce
Choice of Milk

Pop Tarts **26**
Choice of Applesauce or Fruit
Choice of Milk

Breakfast Pizza **27**
Hash Browns
Applesauce
Choice of Milk

WG Cereal **28**
WG Toast
Choice of Fruit or Juice
Choice of Milk

Cinnamon Roll **29**
Choice of Fruit or Juice
Choice of Milk