

June 2016

Quest Leadership Academy

BREAKFAST



Yogurt is available daily.

Nutrition Tip:

In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast. Reference: Barton et al. J Am Diet Assoc. 2005.

Monday

Tuesday

Wednesday

Thursday

Friday



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

Breakfast Pizza
Hash Browns
Applesauce
Choice of Milk

1

Cinnamon Roll
Choice of Fruit or Juice
Choice of Milk

2

3

6

7

8

9

10

**Quest Summer
Camp
Starts**

13

14

15

16

17

20

21

22

23

24

27

28

29

30

