

May 2016

Quest Leadership Academy

BREAKFAST



Yogurt is available daily.



Fitness Tip: Ways to Increase Physical Activity:

- Play a sport like basketball, softball, or soccer.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Tuesday

Wednesday

Thursday

Friday

WG Cereal **2**
WG Toast
Choice of Fruit or juice
Choice of Milk

WG Pancakes w/syrup **3**
Hash Browns
Fresh Fruit
Choice of Milk

Pop Tarts **4**
Choice of
Applesauce/Juice
Choice of Milk

Cinnamon Roll **5**
Choice of Fruit or Juice
Choice of Milk

Breakfast Pizza **6**
Hash Browns
Applesauce
Choice of Milk

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

WG Cereal **10**
WG Toast
Choice of Fruit or juice
Choice of Milk

Sausage Biscuit **11**
Hash Browns
Applesauce
Choice of Milk

Grits **12**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Blueberry Muffin **13**
Choice of Fruit/Juice
Choice of Milk

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

Breakfast Pizza **17**
Hash Browns
Applesauce
Choice of Milk

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

Sausage Biscuit **19**
Hash Browns
Applesauce
Choice of Milk

French Toast Stix **20**
w/syrup
Hash Browns
Applesauce
Choice of Milk

Pop Tarts **23**
Choice of
Applesauce/Juice
Choice of Milk

Grits **24**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

WG Pancakes w/syrup **25**
Hash Browns
Fresh Fruit
Choice of Milk

WG Cereal **26**
WG Toast
Choice of Fruit or juice
Choice of Milk

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



WG Cereal **31**
WG Toast
Choice of Fruit or juice
Choice of Milk



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