

MAY 2024

George Washington Carver Academy

BREAKFAST



George Washington Carver Academy

24510 Second Avenue
Highland Park, MI 48203



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.
Reference: USDA MyPlate



Early Bird Hot Breakfast Program from 7:15am-7:45am (scholars must arrive before 7:45am). Cold breakfast served after 7:45am

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

1

Blueberry Muffin (33)
Diced Pears (9)
Milk (20)

2

Bagel w/Cream Cheese (39)
Mixed Fruit (10)
Milk (20)

3

Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

6

Strawberry Pop Tart (37)
Diced Peaches (9)
Milk (20)

7

Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

8

Banana Muffin (33)
Apple Slices (19)
Milk (20)

9

Strawberry Breakfast Bar (37)
Mixed Fruit (15)
Milk (20)

10

Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

13

Blueberry Muffin (33)
Mixed Fruit (10)
Milk (20)

14

Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

15

Bagel w/Cream Cheese (39)
Mixed Fruit (10)
Milk (20)

16

Strawberry Pop Tart (37)
Diced Pears (9)
Milk (20)

17

Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

20

Banana Muffin (33)
Apple Slices (19)
Milk (20)

21

Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

22

Strawberry Breakfast Bar (37)
Mixed Fruit (10)
Milk (20)

23

Blueberry Muffin (33)
Sliced Apples (19)
Milk (20)

24

Memorial Day No School

27

Bagel w/Cream Cheese (39)
Diced Peaches (9)
Milk (20)

28

Early Bird Hot Breakfast

Cereal Bowl (24)
Graham Cracker (11)
Orange Slices (11)
Milk (20)

29

Banana Muffin (33)
Mixed Fruit (10)
Milk (20)

30

Strawberry Pop Tart (37)
Diced Peaches (9)
Milk (20)

31