

# APRIL 2024

## George Washington Carver Academy

### BREAKFAST



#### George Washington Carver Academy

24510 Second Avenue  
Highland Park, MI 48203



**Nutrition Tip:** Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Spring Break**  
**No School**

1

Strawberry Pop Tart (37)  
Fresh Apple Slices (19)  
Milk (20)

2

Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Orange Slices (11)  
Milk (20)

3

Banana Muffin (33)  
Diced Peaches (9)  
Milk (20)

4

Bagel w/Cream Cheese (39)  
Mixed Fruit (15)  
Milk (20)

5

Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Orange Slices (11)  
Milk (20)

8

Blueberry Muffin (27)  
Diced Peaches (9)  
Milk (20)

9

Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Orange Slices (11)  
Milk (20)

10

Strawberry Pop Tart (37)  
Fresh Apple Slices (19)  
Milk (20)

11

**Parent Teacher Conference**  
**No School for Scholars**

12

Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Fruit Cocktail (15)  
Milk (20)

15

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

16

Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Orange Slices (11)  
Milk (20)

17

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

18

Strawberry Pop Tart (37)  
Fresh Apple Slices (19)  
Milk (20)

19

**Earth Day**  
Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Diced Peaches (9)  
Milk (20)

22

Blueberry Muffin (27)  
Fresh Banana (24)  
Milk (20)

23

Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Orange Slices (11)  
Milk (20)

24

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

25

**Half of Day**  
Banana Muffin (33)  
Mixed Fruit (15)  
Milk (20)

26

Early Bird Hot Breakfast  
Cereal Bowl (24)  
Graham Cracker (11)  
Pineapple Tidbits (9)  
Milk (20)

29

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

30

