









MQHR BREAKFAST MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Variety of Cereal Fresh Fruit Milk 	2 Slice of Toast Colby Jack Cubes Fresh Fruit Milk Slice of Toast	3 Annie's Organic Grahams, Fresh Fruit Milk	4 Mini Pancakes or Waffles Fresh Fruit Milk 	5
6	7  Goldfish String Cheese Fresh Fruit Milk	8 Pillsbury Apple Fruitel Fresh Fruit Milk	9 Variety of Cereal Fresh Fruit Milk 	10 WG Nutri-grain Bar Fresh Fruit Milk	11 Benefit Bar Banana/ ChocoChip Fresh Fruit Milk	12
13	14 Mini Cinis or Cream cheese bagels Fresh Fruit Milk	15 Fruit Smoothie Graham Crackers Fresh Fruit Milk	16 Blueberry or Banana Muffin Fresh Milk	17  Toast Hard boiled Egg Fresh Fruit Milk	18 Rich's Ubr Breakfast Round Fresh Fruit Milk	19
20	21 Pillsbury Mini Bagel Fresh Fruit Milk	22 Variety of Cereal Fresh Fruit Milk	23 Slice of Toast Colby Jack Cubes Fresh Fruit Milk Slice of Toast	24 Annie's Organic Grahams, Fresh Fruit Milk	25 Mini Pancakes or Waffles Fresh Fruit Milk 	26
27	28	29	30	31		

*The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washing-