



# UNIVERSAL ACADEMY

## APRIL 2024 K-12 BREAKFAST MENU



- Cereal Choices**  
 Trix Bowl & Bar  
 Coco Puffs  
 Coco Bar  
 Cinn. Toast  
 Cheerios Mix
- Muffin Choices**  
 Chocolate  
 Blueberry  
 Strawberry  
 French tst Loaf  
 Blueberry Loaf  
Donut Choices  
 Plain

"This institution is an equal opportunity Provider"

All Meals are served With 100% Juice and or Fruit (fresh, Canned, Dried, or Frozen)  
 Students MUST take 1/2 cup of Fruit and/or Juice with

Milk Choice of 1% low-Fat Chocolate or 1% low-fat unflavored, or Soy Vanilla served with each Meal

**BREAKFAST PRICES FREE FOR ALL STUDENTS**  
 Additional Breakfast Meal may be purchased at A la Carte price \$2.70 for Students  
**Breakfast Served M-F 7:30AM-7:55AM**

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Let us hear from you How was your breakfast today? Suggestions are welcome!!!

If you need any further information, Please contact Mrs. Salma Koubaa at (313)581-5006 Ext.120

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 W.G Mini Apple Muffin 1.6oz Cheez-it Crackers 1 oz Or Cocoa Puffs Cereal Bar Cheez-it Crackers 1 oz Golden Apple Red Apple Delicious	2 Strawberry Nutrigrain Bar Goldfish Crackers 1oz Or Cinnamon Toast Bar 1oz.eq  Mandarin 2Ea Green Pears	3 W.G Mini Bfast Bites  Or Trix Cereal Kit Mini Animal Graham Crackers 100% Fruit Punch Juice Golden Apple	4 Cheerios Cereal Kit Animal Graham Crackers 100% Apple Juice Or Blueberry Waffle Red Apple Delicious Fresh Green Pears	5 Yogurt Parfait Raspberry Rainbow Yogurt Fieldstone Granola 1Ea=1oz.eq  Cinnamon Toast Crunch 2.0oz Strawberries Blueberries
8 Cocoa Puffs Cereal Bar ChatSnax Crackers Or W.G Toast Crunch Appleways Apple Oatmeal Bar  Zee Zees Mandarin Oranges Red Apple Delicious	9 Cinnamon Toast Bowl 2.0oz Or Cinnamon Apple Texas Toast  Mandarin Orange Cup 100% Apple Juice	10 <b>NO SCHOOL</b>  Cultrual Diversity	11 <b>NO SCHOOL</b>  Cultrual Diversity	12 Yogurt Parfait Triple Cherry Yogurt Chewy Granola Bar (2Ea) 1Ea=0.5 oz.eq Grain 2nd Choice Cinnamon Sweet Waffle Kiwi Blackberries
15 Cheerios Cereal Bar Chat Snax Crackers OR W.G Mini Bfast Bites  Golden Apple  Sour Watermelon Raisins	16 W.G Pancake Bites (3pcs)  Soft Baked Cocoa Cherry Bar  Red Apple Delicious  Fresh Orange	17 Dark Chocolate Chunk Bar  Raspberry Nutrigrain Bar  100% Apple Juice  Red Apple Delicious	18 W.G Cheese Pie  W.G Zaatar Pie  W.G Meat Pie  Green Seedless Grapes Red Seedless Grapes	19 Dutch Waffle Sticks (12=2oz) Maple Syrup or Cocoa Puffs Cereal Bowl 2 oz  Strawberries  Banana
22 W.G Nature Valley Oat & Honey Granola Bar Strawberry Simply Chex  Kiwi Blueberries	23 Appleways Strawberry Oatmeal Bar  Mini Blueberry Muffin  Fresh Orange Slices Golden Apple	24 Raisin Bran Cereal Bowl  W.G Golden Graham Cereal bar  100% Wango Mango Juice  Sour Watermelon Raisins	25 W.G Cheese Pie  W.G Zaatar Pie  W.G Meat Pie  Green Seedless Grapes Red Seedless Grapes	26 Yogurt Parfait Raspberry Rainbow Yogurt Toasted Oat Granola (3/4c=1.75 ozeq grain)  Raspberries  Blueberries
29 Trix Cereal Kit Mini Animal Graham Crackers 100% Fruit Punch Juice Or Mini Apple Muffin Cheez-it Crackers 1 oz  Zee-zee Mandarin Oranges	30 W.G Croissant with egg Omelet Or Trix Cereal Kit Animal Graham Crackers 100% Fruit Punch Juice  Fresh Orange Slices			

Fruits: 5 Cups (1 Cup per Day)  
 Vegetable: 0 Cup  
 Fluid Milk: 5 Cups (1 Cup per Day)

Minimum Amount of Food Per Week: Grades K-12  
 Grains: 9 -10 oz eq (1 oz per Day)  
 Meat/ Meat Alternates: 0 oz eq required

Specifications: Daily Amount Based on the Average for a 5-Day Week Grades K-12  
 Min- Max Calories: 450-500 Kcal Weekly requirement  
 Saturated Fat (%of Calories) <10% Weekly requirement  
 Sodium Target 1: K-5 ≤ 540 mg, 6 - 8 ≤ 600mg, 9 - 12 ≤ 640 mg  
 Trans Fat: 0g Daily