



# Universal Academy

## April 2024 GSRP BREAKFAST MENU



Cereal Choices are:  
Kix  
Cheerios

Each Breakfast is served with Milk and Fruit or Vegetable

This institution is an equal opportunity Provider and Employer

April 10th & April 11th  
No School/ Cultural Diversity



Milk Choice of 1% Low-Fat Unflavored served with each Meal






















### BREAKFAST

Served as Family Style  
Enjoy Dining with your Teachers

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-Apr Cereal  Apple	2 Mini Blueberry Muffin  Orange	4/3/2024  Fresh Orange Slices	4 Cheese Pie  Red Seedless Grapes	5 Raspberry Rainbow Yogurt Goldfish Crackers  Strawberries
8 Cereal  Fruit cup	9 Cheese Pie  Blueberries	10 <b>NO SCHOOL</b> Cultural Diversity	11 <b>NO SCHOOL</b> Cultural Diversity	12 Triple Cherry Yogurt Fieldstone Granola Bar  Raspberry/ Blueberries
15 Cereal  Apple Slices	16 Mini Apple Muffin  Orange Slices	17  Apple Slices	18 Cheese Pie  Green Seedless Grapes	19 Raspberry Rainbow Yogurt Fieldstone Granola Bar  Strawberry/ Blueberry
22 Cereal Bowl  Fruit Cup	23 Mini Blueberry Muffin  Mandarin	24  Green Pears	25 Cheese Pie  Red Seedless Grapes	26 Half Day Triple Cherry Yogurt Fieldstone Granola Bar  Strawberry/ Banana
29 Cereal Bowl  Fruit Cup	30 Mini Apple Muffin  Fresh Orange Juice			

Breakfast provides the body and brain with fuel after an overnight fast, that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol!

Nutritionists advise breakfast should be eaten **within two hours of waking**. A healthy breakfast should provide calories in the range of **20-35% of your guideline daily allowance (GDA)**.