



# Universal Academy

## February 2025 GSRP BREAKFAST MENU



Cereal Choices are:  
Kix  
Cheerios  
Rice Chex

This institution is an equal opportunity Provider and Employer



Milk Choice of 1 % White Only served with each Meal

**BREAKFAST**  
Served as Family Style  
Enjoy Dinning with your

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
3 Cereal Bowl  Mandarin fruit cup	4 Muffin  Green Pears	5  Fresh Orange Slices	6 Meat Pie  Red Seedless Grapes	7 <i>No School</i> <i>Students Only</i> <i>Staff PD</i>
10 Cereal Bowl  Peach Fruit Cup	11 Muffin  Banana	12 <i>Supplemental Count Day</i>  Pineapple Chunks	13 Cheese Pie  Fresh Strawberries	14 Strawberry Yogurt  Blueberries
17 <i>No School- Mid -Winter Break</i> 18 19 20 21				
24 Cereal Bowl  GingerGold Appla	25 Muffin  Pineapple fruit cup	26  Green Pear	27 Cheese Pie  Fresh Blueberries	28 Raspberrry RainbowYogurt  Banana
  				

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).