



Universal Academy

NOVEMBER 2024 GSRP BREAKFAST MENU



Cereal Choices are:
KIX
Cheerios
Rice Chex
Muffin Choices are:
Banana
Blueberry

This institution is an
equal opportunity
Provider and Employer



Milk Choice of 1 % White
Only & Fruits (Fresh,
Canned, Dried)
served with each Meal

BREAKFAST
Served as Family Style
Enjoy Dining 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)5815006 Ext. 120

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cinnamon Sweet Waffle 1% Low-Fat Unflavored Milk Strawberries
4 1% Low-Fat Unflavored Milk Mandarin Fruit Cup	5 NO SCHOOL Staff PD	6 CEREAL 1% Low-Fat Unflavored Milk Orange Slices	7 Cheese Pie 	8 Vanilla Yogurt 1% Low-Fat Unflavored Milk Blueberries
11 Cereal Bowl 1% Low-Fat Unflavored Milk Fruit Cup	12 Muffin 	13 CEREAL 1% Low-Fat Unflavored Milk Red Sliced Apples	14 Cheese Pie 	15 Raspberry Rainbow Yogurt
18 Cereal Bowl 1% Low-Fat Unflavored Milk Peach Fruit Cup	19 YUM! Muffin 	20 CEREAL 1% Low-Fat Unflavored Milk Fresh Apple	21 Cheese Pie 	22 Triple Cherry Yogurt
25 Cereal Bowl 1% Low-Fat Unflavored Milk Mandarin Fruit Cup	26 Muffin 1% Low-Fat Unflavored Milk Apple Slices	27 NO SCHOOL Thanksgiving Break	28 NO SCHOOL Thanksgiving Break	29 NO SCHOOL Thanksgiving Break

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