



# Universal Academy

## SEPTEMBER 2024 PRE-K BREAKFAST MENU



1% White Milk & Fruit are served with every Breakfast and Lunch Meal



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 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 Ms. Salma Koubaa at  
(313)581-5006 Ext.120

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	9/3/2024	9/4/2024 First Day of School	9/5/2024	9/6/2024
<i>No School</i> <i>Labor Day Break</i>	take time for <b>SCHOOL BREAKFAST</b> 	Pre-k (Half Day) 1% low-fat Unflavored Milk  <b>CEREAL</b> Cantaloupe	1% low-fat Unflavored Milk Cheese Pie  Red Seedless Grapes	1% low-fat Unflavored Milk Raspberry Rainbow Yogurt W.G Goldfish Crackers  Blueberries/ Banana
9 1% low-fat Unflavored Milk Cereal  Apple Slices	10 1% low-fat Unflavored Milk Mini Blueberry Muffin  Banana	11 1% low-fat Unflavored Milk Cheese Croissant  Orange Slices	12 1% low-fat Unflavored Milk Meat Pie  Strawberries	13 1% low-fat Unflavored Milk Triple Cherry Yogurt W.G sweet Crackers  Red Seedless Grapes
16 1% low-fat Unflavored Milk Cereal  Diced Peaches Cup	17 1% low-fat Unflavored Milk Wild Blueberry Waffles  Sliced Gala Apple	18 1% low-fat Unflavored Milk  <b>CEREAL</b> Fruit	19 1% Unflavored Milk Cheese Pie  Red Grapes	20 1% low-fat Unflavored Milk Mini Blueberry Muffin  Kiwi/ Banana
23 1% low-fat Unflavored Milk Cereal  GingerGold Apple	24 1% low-fat Unflavored Milk Bluberry Muffin  Fruit	25 1%low-fat Unflavored Milk Cheese Croissant  Banana	26 1% low-fat Unflavored Milk Meat Pie  Green Grapes	27 1% low-fat Unflavored Milk Raspberry Rainbow Yogurt W.G Cheez-it Crackers  Blueberries
30 1% low-fat Unflavored Milk Cereal  Fruit cup	1 1% low-fat Unflavored Milk Sweet Cinnamon Waffle  Sliced Orange	2 1% Low-fat Unflavored Milk  <b>CEREAL</b> Green Pear	3 1% low-fat Unflavored Milk Cheese Pie  Strawberries	4-Oct 1% low-fat Unflavored Milk Mini Blueberry Muffin  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).