



Universal Academy

JANUARY 2025 GSRP BREAKFAST MENU



Cereal Choices are:
Kix
Cheerios

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

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 	2	3	4	5
<h1>WINTER BREAK</h1>				
6 Cereal Bowl Peach Fruit Cup	7 Muffin Fresh Orange	8 CEREAL Pineapple Chunks	9 Cheese Pie Fresh Strawberries	10 Strawberry Yogurt Blueberries
13 Cereal Bowl Mandarin fruit cup	14 Sweet Cinnamon Waffle Kiwi	15 CEREAL Sliced Orange	16 Meat Pie Green Seedless Grapes	17 Raspberry Rainbow Yogurt Fresh Strawberries
20 NO SCHOOL Dr. Martin Luther King Jr.	21 Muffin Pineapple fruit cup	22 CEREAL Green Pear	23 Cheese Pie Fresh Blueberries	24 Danimal Yogurt Banana
27 Cereal Bowl Fresh Apple	28 Muffin Fresh Orange	29 CEREAL GingerGold Apple	30-Jan Meat Pie Fresh Strawberries	31-Jan Trix Yogurt 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).