



# UNIVERSAL ACADEMY

## JANUARY 2025 K-12 BREAKFAST MENU



**Cereal Choices**

- \* Trix Bowl
- \* Coco Puffs
- \* Cocoa Bar
- \* Cinn. Toast
- \* Honey Cheerios

**Yogurt Choices**

- Vanilla
- \* Strawberry
- \* Strawberry Banana

**Muffin Choice**

- \* Blueberry

This institution is an equal opportunity Provider .

All Meals are served With 100% Juice and Fruit (fresh, Canned, Dried, or Frozen) Students **MUST** take Fruit

Milk Choice of 1% Low-Fat Chocolate or 1%Low-Fat Unflavored served with each Meal **Soy Milk is always available**

**BREAKFAST PRICES**  
**FREE FOR ALL STUDENTS**  
 Additional Breakfast Meal may be purchased at A la Carte price.  
**Breakfast Served M-F 7:30AM-7:55AM**

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
6	7	8	9	10
Oatmeal Apple Bar W.G Chat Snax Crackers Or Cinnamon Toast Crunch (2oz)  <i>Peach Fruit Cup</i> <i>Fresh Golden Apple</i>	Cocoa Puffs Cereal Kit W.G Cheez-it Crackers 100% Fruit Juice  W.G Bagel (2oz) Egg Omelet (1/2 Ea) <i>Apple Banana Fruit Bar</i> <i>Fresh Orange</i>	Zee Zees Soft Baked Blueberry Lemon Bar Cocoa Puffs Cereal Bar 1 oz  Trix Cereal Kit W.G Animal Crackers 100% Fruit Juice <i>Fresh Apple</i> <i>Pineapple Chunks</i>	Meat Pie (1 oz.eq Gr+1 M/MA) Cheese Pie (1 oz.eq Gr+1 M/MA) W.G Zaatar Pie (2oz.eq Gr)   Cocoa Puffs Cereal Bowl (2oz) <i>Fresh Strawberries</i> <i>100% Fruit Punch Juice</i>	Vanilla Yogurt Parfait Fieldstone Granola Bar 1 Ea=1 oz eq Grain Or W.G Blueberry Muffin (2oz) Or Honey Cheerios Cereal Bowl (2oz) <i>Blueberries/Banana</i>
13	14	15	16	17
Cocoa Puffs Cereal Kit W.G Cheez-it Crackers 100% Fruit Juice  W.G Blueberry Muffin 2oz <i>Sour Watermelon Raisins</i> <i>Mandarin Fruit Cup</i>	Cinnamon Sweet Waffle Honey Cheerios Cereal Bowl (2oz)  Strawberry Nutrigrain Bar W.G Scooby-Doo Crackers <i>Kiwi</i> <i>Gala Apple</i>	W.G Croissant Egg Omelet (1/2 Ea) Or Trix Cereal Kit W.G Animal Crackers 100% Fruit Juice <i>Sliced Oranges</i>	Hot Breakfast Choice Meat Pie (1 oz.eq Gr+1 M/MA) Cheese Pie (1 oz.eq Gr+1 M/MA) W.G Zaatar Pie (2oz.eq Gr)   Cinnamon Toast Crunch (2oz) <i>Red Seedless Grapes</i> <i>Green Seedless Grapes</i>	Strawberry Yogurt Parfait Toasted Oat Cereal Granola (3/4c=1.75 oz.eq grain) Or Cocoa Puffs Cereal Bar (2oz)  <i>Fresh Strawberries</i> <i>Fresh Blueberries</i>
20	21	22	23	24
 Dr. Martin Luther King Jr.	W.G Mini Pancake Maple  Cocoa Puffs Cereal Kit W.G Cheez-it Crackers 100% Fruit Juice  <i>Pineapple Chunks</i> <i>100% Mango Juice</i>	W.G Bagel (2oz) Egg Omelet (1/2 Ea)  W.G Croissant with Lite Cream Cheese  <i>100% Fruit Juice</i> <i>Green Pears</i>	Hot Breakfast Choice Meat Pie (1 oz.eq Gr+1 M/MA) Cheese Pie (1 oz.eq Gr+1 M/MA) W.G Zaatar Pie (2oz.eq Gr)   <i>Green Seedless Grapes</i> <i>Fresh Blueberries</i>	Strawberry Banana Yogurt Parfait Fieldstone Granola Bar Or Oatmeal Apple Bar Cheez-it Crackers  <i>Fresh Strawberries</i> <i>Fresh Banana</i>
27	28	29	30	31
Field Trip Cocoa Puffs Cereal Kit W.G Cheez-it Crackers 100% Fruit Juice Or Rice Chex Cereal (1 oz) Cocoa Puffs Cereal Bar (10z) <i>Sour Watermelon Raisins</i> <i>Red Gala Apple</i>	Team Cheerios Cereal Bar W.G Scooby Doo Crackers Or Honey Cheerios Cereal Bowl (2oz) Or W.G Blueberry Muffin (2oz) <i>100% Orange Tangerine Juice</i> <i>Sliced Oranges</i>	Zee Zees Soft Baked Blueberry Lemon Bar Chat Snax Crackers Or Cheerios Cereal Kit W.G Animal Crackers 100% Fruit Juice  <i>GingerGold Apple</i>	Hot Breakfast Choice Meat Pie (1 oz.eq Gr+1 M/MA) Cheese Pie (1 oz.eq Gr+1 M/MA) W.G Zaatar Pie (2oz.eq Gr)   Blueberry Nutrigrain Bar W.G Chat Snax Crackers <i>Strawberries/Kiwi</i>	Rice Chex Cereal (10z) Strawberry Nutrigrain Bar Or Vanilla Yogurt Goldfish Crackers  <i>Fresh Banana</i> <i>Green Seedless Grapes</i>

**YOU MUST TAKE FRUITS AND/OR JUICE**  
**CHOOSE AT LEAST 3 ITEMS INCLUDING A FRUIT/JUICE TO RECEIVE THE REIMBURSABLE FREE BREAKFAST!!!**

**Nutritionists advice**  
 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).