



# UNIVERSAL ACADEMY

## SEPTEMBER 2024 K-12 BREAKFAST MENU



**Cereal Choices**  
 Trix Bowl / Bar  
 Coco Puffs/Bar  
 Froot Loops  
 Cinn. Toast  
 Cheerios Mix

**Muffin Choices**  
 Chocolate  
 Blueberry  
 Strawberry  
 Banana loaf  
 Apple  
 cinnamon  
 Donut Choices  
 Chocolate  
 Powdered

Yogurt  
 Parfait

This institution is an equal opportunity Provider and Employer

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, 1% low-fat unflavored, 1% low-fat Strawberry or Soy are served with each Meal

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

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
2-Sep <b>NO SCHOOL</b> <i>Labor Day Break</i>	3-Sep Team Cheerios Straw. Bar W.G Goldfish crackers Or Oats'N Honey Granula Bar W.G Scooby-Doo crackers <i>Variety Apple/ 100% Cherry Juice</i>	4-Sep Cheerios Cereal Bowl W.G Cheez-it Crackers Or Wild Blueberry Muffin (2oz) <i>Orange Slices GingerGold Apple</i>	5-Sep 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) Rice Chex Cereal /Crackers <i>100% Fruit Juice Red Seedless Grapes</i>	6-Sep Raspberry Rainbow Or Triple Cherry Yogurt Parfait With Toasted Oat Granula Or Honey Cheerios Cereal Bowl (2oz) <i>Blueberries/Banana</i>
9 Strawberry Oatmeal Bar W.G Cheddar Goldfish Crackers Or <b>Cheerios Cereal Kit W.G Animal Crackers 100% Fruit Juice</b> <i>Red Apple Delicious</i>	10 W.G Blueberry Muffin (2oz) Or W.G Apple Cinnamon Muffin (2oz) Or Cinn mini Eggo Waffles <i>Banana blueberries</i>	11 Cocoa Puffs Cereal Bowl Vanilla ChatSnax Grahams Or W.G Fully curved croissant with American Cheese <i>100% Apple Juice Pineapples</i>	12 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) Or Honey Cheerios Cereal Bowl (2oz) <i>Strawberries/ 100% Juice</i>	13 Triple Cherry Yogurt Parfait Fieldstone Granula Bar 1 Ea=1 oz eq Grain Or Cinnamon Sweet Waffle <i>Banana Red Seedless Grapes</i>
16 Nutrigrain Blueberry Bar Cheez it crackers Or Rice Chex Cereal Bowl W.G Scooby-Doo crackers <i>Diced Peaches Cup Mixzees Dried Fruit</i>	17 W.G Blueberry Muffin (2oz) Or <b>Trix Cereal Kit W.G Animal Crackers 100% Fruit Juice</b> Or Wild Blueberry snack Waffles <i>Gala Apple</i>	18 Cinn Toast Crunch Cereal (2oz) Or W.G Bagel (2oz) & Egg Omlet & American Cheese <i>100% Fruit Punch Juice Orange Slices</i>	19 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) Or Cocoa Puffs Cereal Bar (2oz) <i>Red Grapes Green Grapes</i>	20 Strawberry Banana Yogurt Or Triple Cherry Yogurt With Chewy Granola Bars (Chocolate & Oatmeal Raisin) 1 Ea=0.5 oz eq Or Cocoa Puffs Cereal Bowl (2oz) <i>Kiwi/Banana</i>
23 Goodyman mini donuts Or Apple Oatmeal Bar W.G Cheez-it Crackers <i>Gala Apple Ginger Gold Apple</i>	24 Cinn Sweet snack Waffles <b>Cheerios Cereal kit with Animal Crackers &amp; 100% Apple Juice</b> <i>Fresh Fruits Sour Watermelon Raisins</i>	25 Cocoa Puffs Cereal Bar Vanilla ChatSnax Grahams Or W.G Fully curved croissant with American Cheese <i>100% Apple Juice Banana</i>	26 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) Or Strawberry Nutrigrain Bar W.G Cheez-it Crackers <i>Red Grapes/Green Grapes</i>	27 1/2 day for students & Staff Raspberry Rainbow Yogurt Fieldstone Granula Bar 1 Ea=1 oz eq Grain Or Mini Blueberry Muffin W.G Sweet Crackers <i>Raspberries Blueberries/Banana</i>
30 Cocoa Puffs Cereal Kit W.G Cheez-it Crackers <b>100% Fruit Juice</b> W.G Apple Cinn Muffin <i>Gala Apple Fruit Cup</i>	1 Team Cheerios Straw. Bar Goldfish W.G crackers Or Wild Blueberry snack Waffles <i>Banana Sliced Orange</i>	2 *** FALL COUNT DAY *** English Muffin & Egg Omlet Or W.G Fully curved croissant with American Cheese <i>Green Pears 100% Fruit Punch Juice</i>	3 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) Or <b>Cheerios Cereal Kit W.G Animal Crackers 100% Fruit Juice</b> <i>Strawberries/ Blueberries</i>	4 Raspberry Rainbow Or Triple Cherry Yogurt Parfait With Toasted Oat Granula Or Or Honey Cheerios Cereal Bowl (2oz) <i>Blueberries Banana</i>

Eating Breakfast will improve your: Mood, Ability to Focus, Energy Levels, and Ability to make healthy choices

Soy and/or Almond Milk are always available.



**Breakfast Provides Benefits...Make it a Priority!**

Research has proven that students who eat breakfast have higher math and reading scores.