

## UNIVERSAL LEARNING ACADEMY DECEMBER 2024 K-12 BREAKFAST MENU





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).