



Universal Learning Academy

JANUARY 2025 GSRP BREAKFAST MENU



Cereal Choices are:
Kix
Cheerios
pops
Chex

This institution is an equal opportunity Provider and Employer



Milk Choice of 1 % White Only & Fruits 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. Faten El-Achi
at
(734) 402-5900

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WINTER BREAK			
6 	7 Cereal Goqurt	8 	9 	10 Muffin
13 	14 Cereal Goqurt	15 	16 	17 Egg & Cheese Omelet Toast/Jelly
20 NO SCHOOL Dr. Martin Luther King Jr.	21 Cereal Goqurt	22 	23 	24 Muffin
27 	28 Cereal Goqurt	29 	30 	31 Hot Pancakes

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).