



Universal Learning Academy

DECEMBER 2024 GSRP BREAKFAST MENU



Cereal Choices are:
Kix
Cheerios
pops
Rice Chex

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. Faten El-Achi
at
(734) 402-5900

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Gogurt Cereal 	4 Cheese Pie 	5  CEREAL	6 Muffin 
9 	10 Gogurt Cereal 	11 French Toast 	12  CEREAL	13 Muffin 
16 	17 Gogurt Cereal 	18 Cheese Pie 	19  CEREAL	20 Muffin 
23 	WINTER BREAK			27 
30 	WINTER BREAK			31 1-Jan 
			2-Jan	3-Jan

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).