



## 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

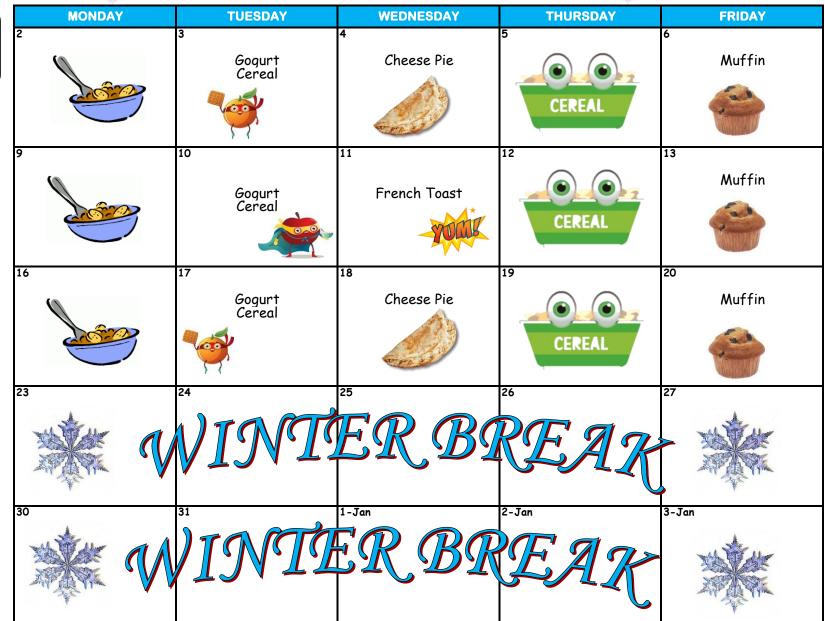
## BREAKFAST

Served as Family Style Enjoy Dinning 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



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!

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).