



# Universal Learning Academy

## SEPTEMBER 2024 GSRP BREAKFAST MENU



Cereal Choices are:  
Kix  
Cheerios

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4 Cheese Pie Fruit Milk 	5  CEREAL	6 Muffin 
	9 	10 Gogurt Cereal Fruit 	11 Cheese Pie Fruit Milk 	12  CEREAL
16 	17 Gogurt Cereal Fruit	18 Cheese Pie Fruit Milk 	19  CEREAL	20 Muffin 
23 	24 Gogurt Cereal Fruit	25 Cheese Pie Fruit Milk  	26  CEREAL	27 Muffin 
30 	<h1>Welcome Back!</h1>			

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).