

UNIVERSAL LE ARNING ACADEMY JANUARY 2025 K-12 BREAKFAST MENU



Cereal Choices
Trix Bowl & Bar
Coco Puffs
Coco Bar
Froot Loops
Cinn. Toast
Cheerios Mix
Frosted Flakes
Yogurt

Muffin Choices Chocolate Blueberry Strawberry Lemon Square French tst Loaf Blueberry Loaf Donut Choices Chocolate Powdered

This institution is an equal opportunity Provider and Employer

All Meals are served With 100%
Juice and Fruit (fresh, Canned,
Dried, or Frozen)
Students MUST take Fruit
and/or Juice with their meal

Milk Choice of 1% Chocolate or Strawberry, & FF or 1% White served with each Meal

BREAKFAST PRICES

FREE FOR ALL STUDENTS

Additional Breakfast Meal may be purchased at A la Carte price. Breakfast Served M-F 7:30AM-7:45AM

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

<u>s</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
of f		NINT	ERBI	REAK	3
	6 Cereal Bowl/Crackers Muffin Breakfast Bar	7 Cereal Bowl/Crackers Muffin Donuts	Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers	9 Cereal Bowl/Crackers Muffin Donuts	10 Cereal Bowl/Crackers Muffin
	13 Cereal Bowl/Crackers Muffin Breakfast Bar	14 Cereal Bowl/Crackers Muffin Donuts	Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers	Cereal Bowl/Crackers Muffin Donuts	17 Egg & Cheese Omelet Toast/Jelly Cereal Bowl/Crackers Muffin
	Dr. Martin Luther King Jr.	21 Cereal Bowl/Crackers Muffin Donuts	Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers	23 Cereal Bowl/Crackers Muffin Donuts	24 Cereal Bowl/Crackers Muffin
	27 Cereal Bowl/Crackers Muffin Breakfast Bar	28 Cereal Bowl/Crackers Muffin Donuts	Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers	30 Cereal Bowl/Crackers Muffin Donuts	Pancakes Cereal Bowl/Crackers Muffin

YOU MUST TAKE FRUITS AND/OR JUICE

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).

Nutritionists advice