



UNIVERSAL LEARNING ACADEMY

SEPTEMBER 2024 (K-12) BREAKFAST MENU



- Cereal Choices**
 Trix Bowl / Bar
 Coco Puffs/Bar
 Froot Loops
 Cinn. Toast
 Cheerios Mix
 Frosted Flakes
 Yogurt
- Muffin Choices**
 Chocolate
 Blueberry
 Strawberry
 Banana loaf
 Apple cinnamon
 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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 2 NO SCHOOL Labor Day Break | 3 Cereal Bowl/Crackers Muffin Donuts | 4  Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers | 5 Cereal Bowl/Crackers Muffin Donuts | 6 Cereal Bowl/Crackers Muffin |
| 9 Cereal Bowl/Crackers Muffin Breakfast Bar | 10 Cereal Bowl/Crackers Muffin Donuts  | 11 Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers | 12 Cereal Bowl/Crackers Muffin Donuts  | 13 Cereal Bowl/Crackers Muffin |
| 16 Cereal Bowl/Crackers Muffin Breakfast Bar | 17 Cereal Bowl/Crackers Muffin Donuts | 18  Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers | 19  Cereal Bowl/Crackers Muffin Donuts | 20 Cereal Bowl/Crackers Muffin |
| 23 Cereal Bowl/Crackers Muffin Breakfast Bar | 24 Cereal Bowl/Crackers Muffin Donuts  | 25 Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers | 26 Cereal Bowl/Crackers Muffin Donuts  | 27 Cereal Bowl/Crackers Muffin |
| 30 Cereal Bowl/Crackers Muffin Breakfast Bar  | 1-Oct Cereal Bowl/Crackers Muffin Donuts | 2-Oct  Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers | 3-Oct Cereal Bowl/Crackers Muffin Donuts  | 4-Oct Cereal Bowl/Crackers Muffin |

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 advice 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).

