



UNIVERSAL LEARNING ACADEMY

OCTOBER 2025 (K-12) BREAKFAST MENU



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

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
		1 Cheese Pie Zaatar Pie Meat Pie 	2 Cereal Bowl/Crackers Bagel Cream Cheese	3 Cereal Bowl/Crackers Muffin
	6 Cereal Bowl/Crackers Muffin	7 Cereal Bowl/Crackers Muffin	8 Cheese Pie Zaatar Pie Meat Pie 	9 Cereal Bowl/Crackers Bagel Cream Cheese
13 Cereal Bowl/Crackers Muffin	14 Cereal Bowl/Crackers Muffin	15 Cheese Pie Zaatar Pie Meat Pie 	16 Cereal Bowl/Crackers Bagel Cream Cheese	17 Cereal Bowl/Crackers Muffin
20 Cereal Bowl/Crackers Muffin	21 Cereal Bowl/Crackers Muffin 	22 Cheese Pie Zaatar Pie Meat Pie 	23 Cereal Bowl/Crackers Bagel Cream Cheese 	24 Cereal Bowl/Crackers Muffin
27 Cereal Bowl/Crackers Muffin 	28 Cereal Bowl/Crackers Muffin	29 Cheese Pie Zaatar Pie Meat Pie 	30 Cereal Bowl/Crackers Bagel Cream Cheese 	31 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).

