



Universal Learning Academy

OCTOBER 2025 (GSRP) BREAKFAST MENU



Cereal Choices are (based on availability) :
Kix
Cheerios
Rice Chex
Pops

This institution is an equal opportunity Provider and Employer



Milk Choice of 1 % White Only
served with each Meal
Fruit Served with Each Meal

BREAKFAST
Served as Family Style
Enjoy Dining 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
		1 Cheese Pie 	2 	3 Cereal
6 	7 Bagel Cream Cheese 	8 Cheese Pie 	9 	10 Cereal
13 	14 Bagel Cream Cheese 	15 Cheese Pie 	16 	17 Cereal
20 	21 Bagel Cream Cheese 	22 Cheese Pie 	23 	24 Cereal
27 	28 Bagel Cream Cheese 	29 Cheese Pie 	30 	31 Cereal

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)**.