



UNIVERSAL LEARNING ACADEMY

FEBRUARY 2020 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 1st Loaf
Blueberry Loaf
Donut Choices
Chocolate
Powdered |
|--|---|

This institution is an equal opportunity Provider




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!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	4 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	5 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	6 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	7 Hot Breakfast Choice Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese
10 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	11 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	12 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	13 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	14 Hot Breakfast Choice Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese
17 NO SCHOOL President's Day	18 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	19 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt French Toast	20 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	21 Hot Breakfast Choice Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese
24 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	25 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	26 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	27 Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese	28 Hot Breakfast Choice Cereal /Crackers Breakfast Bar/Loafs Muffin / Donuts Flavored Yogurt Bagel Cream Cheese
				

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).