



April
FID Day

Universal Learning Academy

APRIL 2024 Grades 9-12



All Meats & Poultry are HALAL

GREAT NEWS!!!
All of our students have been approved to receive Breakfast and Lunch meals at No Cost to Them , FREE !!!

This institution is an equal opportunity Provider

Milk Choice of Fat Free Chocolate or Strawberry, & Low Fat White served with each lunch & breakfast



LUNCH PRICES

FREE FOR ALL STUDENTS

Additional Lunch Meal may be purchased at A la Carte price.






Lunch Served Monday-Thursday

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

How was your lunch Today??? Drop us a note let us know !!! 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 Hot Dogs Baked Fries Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	2 Rice with Meat Salad/ Dressing Yogurt Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	3 Pizza Hummus/Carrots/Dip Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	4 Macaroni & Cheese Garlic Bread Broccoli/Carrots fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	5  Half Day No Lunch Breakfast only
8 Chicken Nuggets Baked Fries Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	9 Pizza Crunchers Carrots/Dip Marinara Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	10 NO SCHOOL Cultural Diversity	11 NO SCHOOL Cultural Diversity	12  Half Day No Lunch Breakfast only
15 Sloppy Joe Baked Fries Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	16 Tuna Melt Croissant OR Cheese Croissant Hummus & Carrots Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	17 Pizza Salad/Dip Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	18 Bologna & Cheese Sub OR Veggie Provolone Sub (Lettuce/tomatoes) Carrots & Broccoli/Dip 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	19  Half Day No Lunch Breakfast only
22 Chef's Choice Breakfast for Lunch Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	23 Hamburger OR Chicken Burger Baked Fries Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	24 Pizza Hummus & Carrots Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	25 Falafel Rounds Pita Bread/Tahini sauce Salad with dressing 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	26  Half Day Student & Staff No Lunch Breakfast only
29 Cheese Breadsticks Marianra Sauce Mashed Potatoes Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	30 Chicken Shawarma Steamed Rice Hot Veggies Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	1-May Pizza Salad/Dip Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	2-May Spaghetti in Red Sauce OR Butter Pasta Garlic Bread/String Chz Hummus/Carrots/Dip Fruit 2nd Choice Nachos Chips/Chz cup/Salsa PB & Jelly	3-May  Half Day No Lunch Breakfast only

MAKE A HEALTHY MEAL CHOICE, YOU GET TO CHOOSE 3 COMPONENTS OUT OF THE 5 OFFERED.
ONE OF THE 3 COMPONENTS SHOULD BE AT LEAST 1/2 CUP OF (FRUIT OR VEGETABLE)
WE REOMMAND TAKING ALL 5 COMPONENTS OFFERED FOR A HEALTHIER MEAL OPTION

Different colored fruits and veggies contain different vitamins & minerals. You should have 2 servings of low glycemic fruits per day. Examples of low glycemic fruits include: berries, apple, orange, pear, peach, nectarine, plum and cherries