



UNIVERSAL LEARNING ACADEMY

APRIL 2024 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 tst Loaf
Blueberry Loaf
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
1 Cereal Bowl/Crackers Muffin Breakfast Bar	2 Cereal Bowl/Crackers Muffin/Donut Yogurt Parfait	3 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	4 Cereal Bowl/Crackers Muffin Donuts	5 Cereal Bowl/Crackers Muffin Chef's choice
8 Cereal Bowl/Crackers Muffin Breakfast Bar	9 Cereal Bowl/Crackers Muffin/Donut Yogurt Parfait	10 NO SCHOOL Cultural Diversity	11 NO SCHOOL Cultural Diversity	12 Cereal Bowl/Crackers Muffin Chef's choice
15 Cereal Bowl/Crackers Muffin Breakfast Bar	16 Cereal Bowl/Crackers Muffin/Donut Yogurt Parfait	17 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	18 Cereal Bowl/Crackers Muffin Donuts	19 Cereal Bowl/Crackers Muffin Chef's choice
22 Cereal Bowl/Crackers Muffin Breakfast Bar	23 Cereal Bowl/Crackers Muffin/Donut Yogurt Parfait	24 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	25 Cereal Bowl/Crackers Muffin Donuts	26 Cereal Bowl/Crackers Muffin Chef's choice
29 Cereal Bowl/Crackers Muffin Breakfast Bar	30 Cereal Bowl/Crackers Muffin/Donut Yogurt Parfait	1-May  Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers	2-May Cereal Bowl/Crackers Muffin Donuts	3-May Cereal Bowl/Crackers Muffin Chef's choice

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).

