



Universal Learning Academy

APRIL 2024 GSRP BREAKFAST MENU



Cereal Choices are:
Kix
Cheerios
Chex Rice

This institution is an equal
opportunity Provider and
Employer
























Milk Choice of 1 % White Only
served with each Meal

BREAKFAST
Served as Family Style
Enjoy Dinning 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 Cereal 	2 Parfait Flavored Yogurt Fresh Berries Cereal 	3 Cheese Pie Fruit Milk 	4  CEREAL	5 Muffin 
8 Cereal 	9 Parfait Flavored Yogurt Fresh Berries Cereal	10 NO SCHOOL Cultural Diversity	11 NO SCHOOL Cultural Diversity	12 Muffin 
15 Cereal 	16 Parfait Flavored Yogurt Fresh Berries Cereal	17 Cheese Pie Fruit Milk 	18  CEREAL	19 Muffin 
22 Cereal 	23 Parfait Flavored Yogurt Fresh Berries Cereal 	24 Cheese Pie Fruit Milk 	25  CEREAL	26 Muffin 
29 Cereal 	30 Parfait Flavored Yogurt Fresh Berries Cereal 	1-May Cheese Pie Fruit Milk 	2-May  CEREAL	3-May 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 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).