



# Universal Learning Academy

## OCTOBER 2024 (GSRP) BREAKFAST MENU



Cereal Choices are:  
Kix  
Cheerios  
Rice Chex

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 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 	2 Gogurt Cereal	3 Cheese Pie 	4  CEREAL	5 Muffin 
6 	7 Gogurt Cereal 	8 Cheese Pie 	9  CEREAL	10 Egg & Cheese Omelet Slice of Toast
11 	12 Gogurt Cereal	13 Cheese Pie 	14  CEREAL	15 Muffin 
16 	17 Gogurt Cereal	18 Cheese Pie 	19  CEREAL	20 Muffin 
21 	22 Gogurt Cereal	23 Cheese Pie 	24  CEREAL	25 Egg & Cheese Bagel
26 	27 Gogurt Cereal	28 Cheese Pie 	29  CEREAL	30 1-Nov Egg & Cheese Bagel 

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).