



# UNIVERSAL LEARNING ACADEMY

## OCTOBER 2024 (K-12) BREAKFAST MENU



- Cereal Choices**  
 Trix Bowl / Bar  
 Coco Puffs/Bar  
 Froot Loops  
 Cinn. Toast  
 Cheerios Mix  
 Frosted Flakes  
 Yogurt
- Muffin Choices**  
 Chocolate  
 Blueberry  
 Strawberry  
 Banana loaf  
 Apple cinnamon  
 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 Donuts	3 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	4 Cereal Bowl/Crackers Muffin Donuts	5 Cereal Bowl/Crackers Muffin
6 Cereal Bowl/Crackers Muffin Breakfast Bar	7 Cereal Bowl/Crackers Muffin Donuts  	8 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	9 Cereal Bowl/Crackers Muffin Donuts  	10 Egg & Cheese Omelet Slice of Toast  Cereal Bowl/Crackers
11 Cereal Bowl/Crackers Muffin Breakfast Bar	12 Cereal Bowl/Crackers Muffin Donuts	13 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	14 Cereal Bowl/Crackers Muffin Donuts  	15 Cereal Bowl/Crackers Muffin
16 Cereal Bowl/Crackers Muffin Breakfast Bar	17 Cereal Bowl/Crackers Muffin Donuts  	18 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	19 Cereal Bowl/Crackers Muffin Donuts  	20 Cereal Bowl/Crackers Muffin
21 Cereal Bowl/Crackers Muffin Breakfast Bar	22 Cereal Bowl/Crackers Muffin Donuts	23 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	24 Cereal Bowl/Crackers Muffin Donuts	25 Cereal Bowl/Crackers Muffin
26 Cereal Bowl/Crackers Muffin Breakfast Bar  	27 Cereal Bowl/Crackers Muffin Donuts	28 Cheese Pie Zaatar Pie Meat Pie  Cereal Bowl/Crackers	29 Cereal Bowl/Crackers Muffin Donuts  	30 Egg & Cheese Bagel  Cereal Bowl/Crackers

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).

