



National School Breakfast Week

UNIVERSAL ACADEMY

FEBRUARY 2020 K-12 BREAKFAST MENU



Cereal Choices are:

- Trix
- Coco Puffs
- Coco Bar
- Froot Loops
- Cinn. Toast Crunch
- Apple Jacks
- Frosted Flakes

This institution is an equal opportunity Provider and Employer



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

BREAKFAST PRICES

FREE FOR ALL STUDENTS

Additional Breakfast Meal may be purchased for:

\$ 1.50 (Students)

\$ 2.25 (Adults)

Breakfast Served

7:30AM-7:45AM

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Let us hear from you . How was your breakfast today ? Suggestions are welcome!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Muffin OR Donuts 100 % Juice / Fruit Milk 2nd Choice Cereal	4 Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	5 Zaatar/Cheese OR Meat Pie 100 % Juice Fruit / Milk 2nd Choice Cereal or Muffin	Feb 6 Celebration National Breakfast Day Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	7 Cinni Mini 100 % Juice Fruit Milk 2nd Choice Cereal or Muffin
10 Muffin OR Donuts 100 % Juice / Fruit Milk 2nd Choice Cereal	11 Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	12 *****Count Day***** Zaatar/Cheese OR Meat Pie 100 % Juice Fruit / Milk 2nd Choice Cereal or Muffin	13 Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	14 Egg & Cheese Omelet Toast & Jelly Fruit / 100% Juice Milk 2nd Choice Cereal or Muffin
17 NO SCHOOL <i>President's Day</i>	18 Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	19 Zaatar/Cheese OR Meat Pie 100 % Juice Fruit / Milk 2nd Choice Cereal or Muffin	20 Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	21 French Toast 100 % Juice Fruit Milk 2nd Choice Cereal or Muffin
24 Muffin OR Donuts 100 % Juice / Fruit Milk 2nd Choice Cereal	25 Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	26 Zaatar/Cheese OR Meat Pie 100 % Juice Fruit / Milk 2nd Choice Cereal or Muffin	27 Cereal Cracker 100 % Juice Fruit / Milk 2nd Choice Muffin	28 Pancakes 100 % Juice Fruit Milk 2nd Choice Cereal or 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 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).