



UNIVERSAL ACADEMY (AUG-SEP) 2023 K-12 BREAKFAST MENU



- Cereal Choices**
 Trix Bowl / Bar
 Coco Puffs/Bar
 Froot Loops
 Cinn. Toast
 Cheerios Mix
- Muffin Choices**
 Chocolate
 Blueberry
 Strawberry
 Banana loaf
 Apple cinnamon
 Donut Choices
 Chocolate
 Powdered
- Yogurt
 Parfait

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, 1% low-fat unflavored, low-fat Organic Vanilla or Soy are 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-7:55AM

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. Salma Koubaa at (313)581-5006 Ext.120

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Aug Cereal Bowl/Crackers Goodyman mini donuts  Gala Apple/ Ginger Apple	29-Aug Team Cheerios Straw. Bar Goldfish W.G crackers Mini Breakfast Bites Straw.Banana Trix Yogurt Cheez its WG crackers Gala Apple/ Green Grapes	30-Aug Cheerios Cereal Bowl Crispy Blueberry Lemon Bites Crackers Apple Cinn WG Muffin Ginger Apple/Orange	31-Aug Cheese Pie Zaatar Pie Meat Pie Rice Chex Cereal /Crackers 100% Fruit Juice Red Seedless Grapes	1-Sep NO SCHOOL Labor Day Break
4 NO SCHOOL Labor Day Break 	5 Cheerios Cereal kit with Animal Crackers & 100% Apple Juice Cinn mini Eggo Waffle Strawberry/blueberry	6 Cocoa Puffs Cereal Bar Vanilla ChatSnax Grahams W.G Fully curved croissant with American Cheese 100% Apple Juice Pineapple/ red grapes 	7 Cinn Toast Crunch 2.0 oz Nutrigrain Blueberry Bar Honey Graham Crackers Blueberry Muffin Banana/ Orange	8 Hot Breakfast Choice Meat Pie Cheese Pie Zaatar Pie Cereal Bowl/Crackers Fruit/ 100% Juice
11 Cereal Bowl/Crackers Nutrigrain Blueberry Bar Cheez it crackers Orange	12 Apple Cinn cereal Nutrigrain Goldfish W.G crackers Wild Blueberry snack Waffles Gala Apple/ Ginger Apple	13 Granola Cinnamon Cereal Strawberry Banana Trix Yogurt Parfait Honey Wheat WG Bagel & Egg Omlet & American Cheese 100% Fruit Punch Juice Orange	14 Cocoa Puffs cereal 2.0 oz Apple Cinn WG Muffin Mini Choc chip french Toast Red Grapes/Green Grapes	15 Hot Breakfast Choice Meat Pie Cheese Pie Zaatar Pie Cereal Bowl/Crackers Fruit/ 100% Juice
18 Cereal Bowl/Crackers Goodyman mini donuts  Gala Apple/ Ginger Apple	19 Cheerios Cereal kit with Animal Crackers & 100% Apple Juice Cinn Sweet snack Waffles Variety Fruit 	20 Cocoa Puffs Cereal Bar Vanilla ChatSnax Grahams W.G Fully curved croissant with American Cheese 100% Apple Juice Banana 	21 Cinn Toast Crunch 2.0 oz Nutrigrain Blueberry Bar Cheez it crackers Donut Hole WG Yeast Red Grapes/Green Grapes	22 Hot Breakfast Choice Meat Pie Cheese Pie Zaatar Pie Cereal Bowl/Crackers Fruit/ 100% Juice
25 Cereal Bowl/Crackers Apple Cinn WG Muffin  Fruit	26 Team Cheerios Straw. Bar Goldfish W.G crackers Wild Blueberry snack Waffles Banana/Orange	27 Granola Cinnamon Cereal Strawberry Banana Trix Yogurt Parfait Honey Wheat WG Bagel & Egg Omlet & American Cheese Orange 100% Fruit Punch Juice	28 English Sliced Muffin with egg Omlet Raspberry Rainbow yogurt with WG crackers  Fruit	29 Hot Breakfast Choice Meat Pie Cheese Pie Zaatar Pie Cereal Bowl/Crackers Fruit/ 100% Juice

Eating Breakfast will improve your: Mood, Ability to Focus, Energy Levels, and Ability to make healthy choices
Soy and Almond Milk are always available. 

Breakfast Provides Benefits...Make it a Priority!
 Research has proven that students who eat breakfast have higher math and reading scores.

