

## 'INIVERSAL ACADEMY

## OCTOBER 2025 K-12 BREAKFAST MEN U



Cereal Choices Trix Bowl & Bar Coco Puffs Goco Puffs Bar Cheerios Mix Rice Chex Muffin Choices Chocolate chip Blueberry Apple Donut Choices 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

Milk Choice of 1% low-fat Chocolate or 1%low-fat White served with each Meal Soy and/or Almond Milk

BREAKFAST PRICES FREE FOR ALL STUDENTS

Additional Breakfast
Meal may be purhcased at
A la Carte price.
Breakfast Served M-F

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

					Willia	
1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	29	30	1 *** Fall Count Day***	Ieat Pie (2 oz.ea Gr+1 M/N	3	
	Cocoa Puffs Cereal Kit	ım Cheerios Strawberrv E	English Muffin	ese Pie (2 oz.ea Gr+1 M/I	Raspberry Rainbow Or	
	W.G Cheez-it Crackers	W.G Goldfish Crackers	W.G Fully Curved Croissa	V.G Zaatar Pie (2oz.eg Gr	Triple Cherry Yogurt	
	100% Fruit Juice	Or	Egg Omelet (1/2Each)	Cheerios Cereal Kit	Vith W.G Goldfish Cracker	
	W.G Apple Cinn Muffin	ld Blueberry Sweet Waffl	Green Pears	Animal Crackers	nev Cheerios Cereal Bowl	
	Gala Apple/Fruit Cup	Banana/Sliced Oranges	100% Fruit Punch Juice	100% Fruit Juice	Blueberries/Banana	
J	6 Low-Fat Unflavored Mi	<b>6 Low-Fat Unflavored Mi</b>		trawberries/Blueberrie	6 Low-Fat Unflavored Mi	
	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	% White or Chocolate Mil	% Low-Fat Chocolate Mil	
	6 Testing	7 Testing	8 Testing 5A & 5B Field Trip	9 Testing	10	
	Cheerios Cereal Bowl (1	coa Puffs Cereal Bar (202	Iole Glzd Pull Apart Donu	Choc Filled Crescent	trawberry Banana Yogur	
	r Blueberry Nutrigrain B		Or	$\mathbf{Or}$	Or Vanilla Yogurt	
	Vanilla Chat Snax Cracker	.G Blueberry Muffin (202	Wowbutter	Cocoa Puffs Cereal Kit	Fieldstone Granula Bar	
		W.G Mini Maple Pancak	W.G Cheez-it Crackers	W.G Cheez-it Crackers	coa Puffs Cereal Bowl (2d	
	Green Pears	Red Apple 📸	Sour Watermelon Raisin	100% Fruit Juice		
	100% Fruit Punch Juice	Pineapple Tidbits Cup	100% Apple Juice	Banana/Strawberry	Banana/Blueberries	
	6 Low-Fat Unflavored Mi					
	% Low-Fat Chocolate Mill	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	
	13	14	15 Pre-K Field Trip	16	17	
	trawberry Nutrigrain Ba	<b>V.G Mini Blueberry Muffi</b>	Three Cheese Egg Bites	V.G Trix Cereal Bar (1oz)	Triple Cherry Trix	
	W.G Cheez-it Crackers	W.G Cheez-it Crackers	W.G Cheez-it Crackers	Or	Yogurt Parfait	
		Or	Or W.G Croissant	Apple Nutrigrain Bar	Fieldstone Granula Bar	
	Blueberry Nutrigrain Bar	ocoa Puffs Cereal Bar(102	With Cream Cheese	lueberry Lemon Cracker	Or	
_	Blueberry Lemon Cracker	W.G Sweet Crackers	100% Mango Juice		ev Cheerios Cereal Bowl (	
	Green Pears/ Orange	Fresh Orange	Mixed Fruit Cup	100% Fruit Juice/ Fruit	Banana/Blueberries	
	<u> % Low-Fat Unflavored Mi</u>					
	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	% Low-Fat Chocolate Mil	
	20	21	22	23	24	
	trawberry Nutrigrain Ba	Rice Chex Cereal (1oz)	coa Puffs Cereal Bar (20:	<u>Blueberry Nutrigrain Bar</u>	Vanilla Yogurt Or	
	Cheez-it Crackers /Fruit	W.G Sweet Crackers	Or	W.G Cheez-it Crackers	trawberry Banana Yogur	
	Or	Michigan Red Apple	W.G Cinn sweet Waffles	Or	W.G Cheeze-it Crackers	
/_	Cocoa Puffs Cereal Kit	Trix Cereal Kit		.G Cinn Apple Muffin (20)		
	W.G Cheez-it Crackers	W.G Animal Crackers	Gingergold Apple		ice Chex Cereal Bowl (102	
	100% Fruit Juice	100% Fruit Juice		Michigan Apple	Banana/Strawberrv	
				<u>% Low-Fat Unflavored Mi</u>		
	% Low-Fat Chocolate Mil					
	27	28-Oct	29-Oct	30-Oct	31-Oct	
	Blueberry Nutrigrain Bar			trawberry Nutrigrain Ba	Yogurt Choice	
	Cheez-it Crackers			anilla Chat Snax Cracker		
	Michigan Apple	100% Fruit Juice	Or	Or	lueberry Lemon Cracker	
	Cocoa Puffs Cereal Kit			Team Cheerios Cereal Bar		
	W.G Cheez-it Crackers		anilla Chat Snax Cracker	Banana/ Pear	coa Puffs Cereal Bar (10)	
	100% Fruit Juice		0% Mango Juice/Red App	Y T and The Arms of Table	Strawberry/Apple	
	% Low-Fat Unflavored Mi	% Low-Fat Unitavored M1	% Low-Fat Unitavored M1	6 Low-Fat Unilavored IVI	6 Low-Fat Unilavored W1	
	% Low-Fat Chocolate Mil	% Low-Fat Cnocolate Mil	% Low-Fat Cnocolate Mil	% Low-Fat Cnocolate Mil	% Low-Fat Chocolate Mil.	

## Offer vs Serve (Breakfast)

At Breakfast, students are offered four food items from three components:Grains/Meat Meat alternates, Fruit, and Milk. Under Offer vs Serve, students must select at least 3 items, and 1 must be a fruit or a vegetable. This gives students the flexibility to choose what they prefer while helping