



Universal Academy

March 2025 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

BREAKFAST
Served as Family Style
Enjoy Dining 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. Salma Koubaa
at
(313)581-5006 Ext.120

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cereal Bowl  Mandarin fruit cup	4 W.G Mini Muffin  Fresh Orange	5  Fresh Apple	6 Meat Pie  Red Seedless Grapes	7 <i>No School</i> <i>Students Only</i> <i>Staff PD</i>
10 Cereal Bowl  Peach Fruit Cup	11 W.G Mini Muffin  Blueberries	12 Supplemental Count Day  Pineapple Chunks	13 Cheese Pie  Fresh Strawberries	14 Strawberry Banana Yogurt  Banana
17 Cereal Bowl  Gala Apple	18 W.G Mini Muffin  Pineapple fruit cup	19  Fruit Cup	20 Cheese Pie  Green Seedless Grapes	21 Triple Cherry Yogurt  Fresh Fruit
24 	25 <i>No School - Spring Break</i>			28 
  				

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).