



Universal Academy

OCTOBER 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
Fruit Served with Each

BREAKFAST
Served as Family Style
Enjoy Dining with your
Teachers

**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
29 1% low-fat Unflavored Milk Cereal Fruit Cup	30 % low-fat Unflavored Milk Sweet Cinnamon Waffle Strawberries	1 % Low-fat Unflavored Milk CEREAL Green Pear	2 % Low-fat Unflavored Milk Cheese Pie Strawberries	3 % low-fat Unflavored Milk W.G Mini Blueberry Muffin Banana
6 % Low-fat Unflavored Milk Cereal Bowl Green Pear	7 % Low-fat Unflavored Milk W.G Mini Blueberry Muffin Red Apple	8 % Low-fat Unflavored Milk CEREAL Gala Apple	9 1% Low-fat Unflavored Milk Cinnamon Sweet Waffles Strawberries	10 % Low-fat Unflavored Milk Raspberry Rainbow Yogurt Blueberries
13 % Low-fat Unflavored Milk Cereal Bowl Diced Pear Cup	14 % Low-fat Unflavored Milk W.G Mini Blueberry Muffin Fresh Orange	15 % Low-fat Unflavored Milk CEREAL Fresh Apple	16 % Low-fat Unflavored Milk W.G Mini Muffin Banana	17 % Low-fat Unflavored Milk Yogurt Triple Cherry Yogurt Strawberries
20 % Low-fat Unflavored Milk Red Apple	21 % Low-fat Unflavored Milk Mini Blueberry Muffin Mandarin Fruit Cup	22 % Low-fat Unflavored Milk CEREAL GingerGold Apple	23 % Low-fat Unflavored Milk W.G Mini Apple Muffin Strawberries	24 % Low-fat Unflavored Milk Strawberry Banana Yogurt Banana
27 % Low-fat Unflavored Milk Banana	28 % Low-fat Unflavored Milk Mini Apple Muffin Sliced Orange	29 % Low-fat Unflavored Milk CEREAL Fruit Cup	30 % Low-fat Unflavored Milk Blueberry Sweet Waffles Banana	31-Oct % Low-fat Unflavored Milk Raspberry Rainbow Yogurt Strawberries

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).