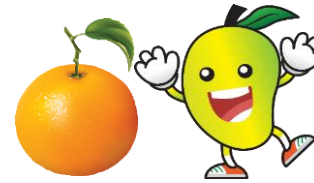




Star International Academy

April 2024 GSRP BREAKFAST MENU



Cereal Choices are:
Kix
Cheerios
Cheerios Fruity

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 Dinning 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. Fatme Saleh at (734) 331-3081

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal Fruit Milk 	2 Muffin Fruit Milk 	3 Fruit Milk 	4 Cheese Pie Fruit Milk 	5-Jan Hot Breakfast 
8 Cereal Fruit Milk 	9 Muffin Fruit Milk 	10 NO SCHOOL Cultural Diversity	11 NO SCHOOL Cultural Diversity	12 Hot Breakfast 
15 Cereal Fruit Milk 	16 Muffin Fruit Milk 	17 Fruit Milk 	18 Cheese Pie Fruit Milk  	19 Hot Breakfast 
22 Cereal Fruit Milk 	23 Muffin Fruit Milk 	24 Fruit Milk 	25 Cheese Pie Fruit Milk 	26 Hot Breakfast 
29 Cereal Fruit Milk  	30 Muffin Fruit Milk 	5/1/2024 Fruit Milk  	5/2/2024 Cheese Pie Fruit Milk  	5/3/2024 Hot Breakfast 

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).