



# STAR INTERNATIONAL ACADEMY

## APRIL 2024 K-8 BREAKFAST MENU



**Cereal Choices**  
 Trix Bowl & Bar  
 Coco Puffs  
 Coco Bar  
 Froot Loops  
 Cinn. Toast  
 Cheerios Mix  
 Frosted Flakes  
 Yogurt

**Muffin Choices**  
 Chocolate  
 Blueberry  
 Strawberry  
 Lemon Square  
 French 1st Loaf  
 Blueberry Loaf  
**Donut Choices**  
 Chocolate  
 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 and/or Juice with their meal

Milk Choice of 1% Chocolate or Strawberry, & FF or 1% White

**BREAKFAST PRICES FREE FOR ALL STUDENTS**  
 Additional Breakfast Meal may be purchased at A la Carte price.  
 Breakfast Served M-F 7:30AM-7:45AM

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. Mrs.Fatme Saleh at (734) 331-3081

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Cereal Bowl/Crackers Breakfast Bar Muffin	2	Cereal Bowl/Crackers Breakfast Bar Muffin	3	Cereal Bowl/Crackers Breakfast Bar Muffin 	4	Zaatar Pie Cheese Pie Meat Pie	5	Hot Breakfast Choice Or Cereal Bowl/Crackers
8	Cereal Bowl/Crackers Breakfast Bar Muffin 	9	Cereal Bowl/Crackers Breakfast Bar Muffin	10	<b>NO SCHOOL</b> Cultural Diversity	11	<b>NO SCHOOL</b> Cultural Diversity	12	Hot Breakfast Choice Or Cereal Bowl/Crackers 
15	Cereal Bowl/Crackers Breakfast Bar Muffin	16	Cereal Bowl/Crackers Breakfast Bar Muffin	17	Cereal Bowl/Crackers Breakfast Bar Muffin	18	Zaatar Pie Cheese Pie Meat Pie	19	Hot Breakfast Choice Or Cereal Bowl/Crackers
22	Cereal Bowl/Crackers Breakfast Bar Muffin	23	Cereal Bowl/Crackers Breakfast Bar Muffin 	24	Cereal Bowl/Crackers Breakfast Bar Muffin	25	Zaatar Pie Cheese Pie Meat Pie 	26	Hot Breakfast Choice Or Cereal Bowl/Crackers
29	Cereal Bowl/Crackers Breakfast Bar Muffin	30	Cereal Bowl/Crackers Breakfast Bar Muffin	5/1/2024	Cereal Bowl/Crackers Breakfast Bar Muffin	5/2/2024	Zaatar Pie Cheese Pie Meat Pie	5/3/2024	Hot Breakfast Choice Or Cereal Bowl/Crackers

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 advice 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).