

Star International Academy

June 2024 GSRP BREAKFAST MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--------------------------------|-------------------------|-------------------------|-----------------------------|
| 3 | 4 | 5 | 6 |
| Breakfast Bar Fruit Milk | Cereal Fruit Milk | Muffin Fruit Milk | Cheese Pie Fruit Milk |
| 7 | | | Hot Breakfast |
| | | | |
| | | | |

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.
Fatme Saleh
at
(734) 331-3081

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)**.