



STAR INTERNATIONAL ACADEMY CANTON

FEBRUARY 2026 (K-8) BREAKFAST MENU



Cereal Choices

Trix Bowl
Coco Puffs
Cinn. Toast
Cheerios Mix
Rice Chex
Chex Mix
Kix

Muffin Choices

Chocolate
Blueberry
Strawberry
Lemon Square
French 1st Loaf
Blueberry Loaf

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

Milk Choice of 1% Chocolate or Strawberry, & FF or 1% White served with each Meal

BREAKFAST PRICES
FREE FOR ALL STUDENTS
Additional Breakfast MEAL items 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. Faten El-Achi at (734) 402-5900

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal Bowl/Cracker Muffin	3 Cereal Bowl/Cracker Muffin	4 National School Breakfast Week Cheese Pie Zaatar Pie Meat Pie	5 Bagel Cream Cheese Cereal Bowl/Cracker	6 Cereal Bowl/Cracker Muffin
9 Cereal Bowl/Cracker Muffin	10 Cereal Bowl/Cracker Muffin	11 **** Count Day **** Cheese Pie Zaatar Pie Meat Pie	12 Bagel Cream Cheese Cereal Bowl/Cracker	13 Cereal Bowl/Cracker Muffin
16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL
23 Cereal Bowl/Cracker Muffin	24 Cereal Bowl/Cracker Muffin	25 Cheese Pie Zaatar Pie Meat Pie	26 Bagel Cream Cheese Cereal Bowl/Cracker	27 Cereal Bowl/Cracker Muffin

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).