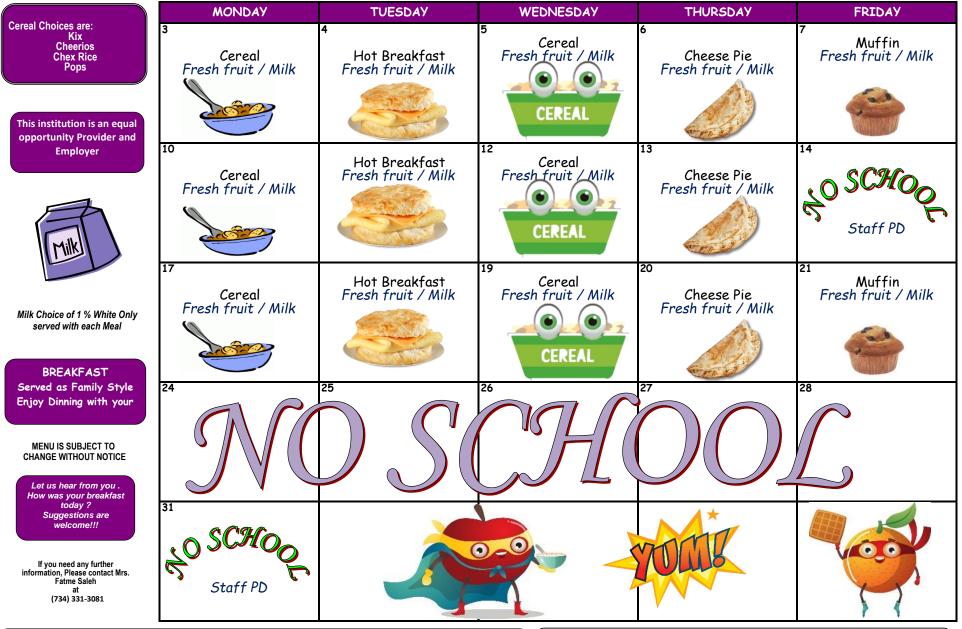


Star International Academy

MARCH 2025 GSRP BREAKFAST MENU





FRUITS & MILK SERVED WITH EACH BREAKFAST

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).