



STAR INTERNATIONAL ACADEMY

JANUARY 2025 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








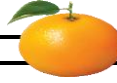




Milk Choice of 1% Chocolate or Strawberry, & FF or 1% White served with each Meal

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

If you need any further information, Please contact Mrs. Fatme Saleh at (734) 331-3081

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER BREAK <i>Happy New Year</i>				
6 Cereal Bowl/Crackers Muffin Breakfast Bar 	7 Cereal Bowl/Crackers Muffin/Donut Breakfast Bar	8 Cereal Bowl/Crackers Muffin Donuts Yogurt 	9 Cheese Pie Zaatar Pie Meat Pie Or Cereal Bowl/Crackers  	10 Hot Breakfast Or Cereal Bowl/Crackers Or Muffin
13 NO SCHOOL Dr. Martin Luther King Jr.	14 Cereal Bowl/Crackers Muffin Breakfast Bar 	15 Cereal Bowl/Crackers Muffin Donuts Yogurt	16 Cheese Pie Zaatar Pie Meat Pie Or Cereal Bowl/Crackers  	17 Hot Breakfast Or Cereal Bowl/Crackers Or Muffin 
20 Cereal Bowl/Crackers Muffin Breakfast Bar	21 Cereal Bowl/Crackers Muffin/Donut Breakfast Bar	22 Cereal Bowl/Crackers Muffin Donuts Yogurt	23 Cheese Pie Zaatar Pie Meat Pie Or Cereal Bowl/Crackers  	24 Hot Breakfast Or Cereal Bowl/Crackers Or Muffin
27 Cereal Bowl/Crackers Muffin Breakfast Bar	28 Cereal Bowl/Crackers Muffin/Donut Breakfast Bar	29 Cereal Bowl/Crackers Muffin Donuts Yogurt	30 Cheese Pie Zaatar Pie Meat Pie Or Cereal Bowl/Crackers  	31 Hot Breakfast Or Cereal Bowl/Crackers Or 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).