



Star International Academy

Jan 2025 PRE-K BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Happy New Year</i>				
6 Cereal & Yogurt  CEREAL	7 Muffin Cheese Stick 	8  CEREAL	9 Cheese Pie Fruit Milk 	10 Hot Breakfast 
13 Cereal & Yogurt  CEREAL	14 Muffin Cheese Stick 	15  CEREAL	16 Cheese Pie Fruit Milk 	17 Hot Breakfast 
20 <i>NO SCHOOL</i> Dr. Martin Luther King Jr.	21 Muffin Cheese Stick 	22  CEREAL	23 Cheese Pie Fruit Milk 	24 Hot Breakfast 
27 Cereal & Yogurt  CEREAL	28 Muffin Cheese Stick 	29  CEREAL	30 Cheese Pie Fruit Milk 	31 Hot Breakfast 

Cereal Choices are:
Kix
Cheerios
Cheerios Fruity

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. Faten El-Achi
at
(734) 402-5900

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).