



Star International Academy

NOVEMBER 2024 GSRP BREAKFAST MENU



Cereal Choices are:
 KIXE
 Cheerios
 Rice Chex
 Muffin Choices are:
 Banana
 Blueberry
 Apple cinnamon

This institution is an equal opportunity Provider and Employer



Milk Choice of 1 % White Only & Fruits (Fresh, Canned, Dried) 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 Salah at (734) 331-3081

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Muffin
4 Cereal 	5 NO SCHOOL Staff PD	6 CEREAL	7 Cheese Pie 	8 Egg & Cheese Omelet Toast & Jelly
11 Cereal 	12 Cheese Stick Cereal 	13 CEREAL	14 Cheese Pie 	15 Muffin
18 Cereal 	19 Cheese Stick Cereal	20 CEREAL	21 Cheese Pie 	22 Muffin
25 Cereal 	26 Cheese Stick Cereal 	27 NO SCHOOL Thanksgiving Break	28 NO SCHOOL Thanksgiving Break	29 NO SCHOOL Thanksgiving Break

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).