



STAR INTERNATIONAL ACADEMY

NOVEMBER 2024 K-8 BREAKFAST MENU



Cereal Choices

Trix Bowl/Bar
Coco Puffs/Bar
Cinn. Toast
Cheerios Mix
Apple Jacks

Muffin Choices

Chocolate
Blueberry
Cherry
Blueberry Loaf
Lemon Bread
Banana
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

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 welcome!!!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal Bowl/Crackers Muffin Waffle Snaps 	2 NO SCHOOL Students Only	3 Cereal Bowl/Crackers Muffin Donuts Waffle Snaps Pancake	4  Cheese Pie Zaatar Pie Meat Pie Waffle Snaps Cereal Bowl/Crackers	5 Cereal Bowl/Crackers Muffin Waffle Snaps Pancake
6 Cereal Bowl/Crackers Muffin Breakfast Bar 	7 Cereal Bowl/Crackers Muffin Donuts 	8 Cereal Bowl/Crackers Muffin Donuts Pancake	9  Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers	10  Cereal Bowl/Crackers Muffin
11 Cereal Bowl/Crackers Muffin Breakfast Bar 	12 Cereal Bowl/Crackers Muffin Donuts 	13 Cereal Bowl/Crackers Muffin Donuts Pancake	14  Cheese Pie Zaatar Pie Meat Pie Cereal Bowl/Crackers	15  Cereal Bowl/Crackers Muffin
16 Cereal Bowl/Crackers Muffin Breakfast Bar 	17 Cereal Bowl/Crackers Muffin Donuts 	18 NO SCHOOL Thanksgiving Break	19 NO SCHOOL Thanksgiving Break	20 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 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).