

# Global Ambassadors Language Academy

## Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	August 13, 2018	August 14, 2018	August 15, 2018	August 16, 2018	August 17, 2018
		Grades K-12	Mon.	Tues.	Wed.	Thurs.	Fri.
<b>Breakfast***</b>	Milk, fluid	1 cup			Milk	Milk	Milk
	100% Juice, fruit or vegetable	1 cup			Apple Sauce/ Fresh Fruit	Apple sauce Banana/Fresh Fruit	4 oz 100% Juice Fruit Cup
	Grains/Breads* AND/OR Grain and Meat/ Meat Alternate	Two ounces of Grain/Bread OR one servings of Grains/Breads and 1 ounce Meat/ Meat Alternate			Fig Bar/ Whole Grain Cereal Bar	Whole Grain Waffles w/Syrup	French Toast Sticks
<b>Lunch</b>	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly			Chicken Alfredo	Cheese Pizza	Cheese/Beef Ravioli
	Grains (ounce equivalent)*	1 daily, 8-9 weekly			Whole Wheat Bread	Whole Wheat Graham Crackers	Wheat Grain Bread
	Fruit	½ cup			100% Juice	Diced Pears	100% Juice
	Vegetable**	¾ cup			Cooked Carrots	Broccoli/Carrot	Hash Brown
	Milk, fluid	1 cup			Assorted Milk	Assorted Milk	Assorted Milk

Menu Subject to Change

Chef Stacey Stoudemire

This institution is an equal opportunity provider.