

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	August 20, 2018	August 21, 2018	August 22, 2018	August 23, 2018	August 24, 2018
Breakfast***		Grades K-12	Mon.	Tues.	Wed.	Thurs.	Fri.
	Milk, fluid	1 cup	Milk	Milk	Milk	Milk	Milk
	100% Juice, fruit or vegetable	1 cup	Fresh Fruit/Banana/Oranges	Banana Apple Slices	Oranges/Pears 100 % 4oz Juice	Apple sauce Berries/Cuties/Raisins	100 % 4 oz Juice Pineapple slices
	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	Whole Wheat Cheerios/ Frosted flakes	Whole Grain Waffles	Whole Grain Cereal Bar/Granola Bars	Eggs with Bagels	Wheat French Toast
Lunch	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	Turkey Meatballs Brown Gravy	Turkey Meat Taco Cheese	Cheese Spaghetti	Bar B Que Baked Chicken	Chicken Salad Wraps
	Grains (ounce equivalent)*	1 daily, 8-9 weekly	Wheat Brown Rice	Corn Taco Shells/Corn Tortilla	Wheat Pasta	Whole Wheat Mac N Cheese	Whole Grain Wraps
	Fruit	½ cup	100 % Juice	Apple Slices & Grapes	Pineapple	Sliced Apples	100 % Juice
	Vegetable**	¾ cup	Carrots, Corn, Green Beans, Broccoli, Medley	Romaine Lettuce, Tomatoes, Cucumbers Low Cal Italian Dressing Salsa	Cooked Carrots	Spinach Salad, Tomatoes, Cucumbers Italian Dressing	Raw Broccoli
	Milk, fluid	1 cup	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Menu Subject to Change

Chef Stacey Stoudemire

This institution is an equal opportunity provider.