

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	September 3, 2018	September 4, 2018	September 5, 2018	September 6, 2018	September 7, 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	No school	Banana Apple Slices	Sliced Oranges	Apple sauce Berries	100 % 4 oz Juice Apple 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		Cereal Bar/Fig Bar/Nutri Grain Bar	Whole Grain Cereal Cheerios	Homemade Blueberry Muffins	Eggs & Bagel
Lunch	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly		Turkey Meat Taco/Cheese	Turkey and Gravy	Meatball Sub with Marinara Sauce	Cheese Pizza
	Grains (ounce equivalent)*	1 daily, 8-9 weekly	No School	Wheat Taco Wraps	Mashed Potatoes/ Whole Grain Bun	Whole Wheat Brown Rice	Wheat Graham Crackers
	Fruit	½ cup		Fresh Fruit	100% Juice	Fresh Cut Fruit	Fresh Cut Fruit
	Vegetable**	¾ cup	No School	Romaine Lettuce, Spinach Tomatoes, Cucumbers Low Cal Italian Dressing/Black beans	Vegetable Medley	Broccoli	Celery
	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.