

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	October 1, 2018	October 2, 2018	October 3, 2018	October 4, 2018	October 5, 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	Apple Slices 4 oz 100% Juice	Banana Apple Slices	Sliced Oranges	No school	No School
	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	French Toast	Whole Grain Waffles	Whole Grain Cereal Cheerios/Life		
Lunch	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	Chicken Corn Dog	Turkey Meat Taco	Bar B Que Chicken	No School	No School
	Grains (ounce equivalent)*	1 daily, 8-9 weekly	Graham Cracker	Taco Shells	Mac N Cheese		
	Fruit	½ cup	Mandarin Oranges	Cantaloupe Cranberries	100% Juice		
	Vegetable**	¾ cup	Cooked Carrots Hash brown	Romaine Lettuce, Spinach Tomatoes, Cucumbers Low Cal Italian Dressing	Collard greens	No School	No School
	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.