

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	September 17, 2018	September 18, 2018	September 19, 2018	September 20, 2018	September 21, 2018
		Grades K-12	Mon.	Tues.	Wed.	Thurs.	Fri.
Breakfast***	Milk, fluid	1 cup	Milk	Milk	Milk	Milk	Milk
	100% Juice, fruit or vegetable	1 cup	Apples/Fresh Fruit	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/Nutri Grain Bar	Whole Grain Waffles	Whole Grain Cereal Cheerios	Homemade Blueberry/Chocolate Chip Muffins	Mini Pancake Wrapped in Turkey
Lunch	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	Beef Ravioli	Hamburger on a bun	Meatballs and Gravy	Chicken Nuggets	Cheese Pizza
	Grains (ounce equivalent)*	1 daily, 8-9 weekly	Wheat Bun	Wheat Bun	Mashed Potatoes/ Whole Grain Bun	Whole grain Roll	Wheat Graham Crackers
	Fruit	½ cup	100% Juice	Fresh Fruit /Ketchup	100% Juice	Fresh Cut Fruit	Fresh Cut Fruit
	Vegetable**	¾ cup	Mixed Veggies	Romaine Lettuce, Spinach Tomatoes, Cucumbers Low Cal Italian Dressing/Tater Tots	Corn	Cooked Broccoli/ Carrots	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.