

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	Jan 14, 2019	Jan 15, 2019	Jan 16, 2019	Jan 17, 2019	Jan 18, 2019
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 100% Juice	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	Whole Grain Waffles	Cereal Bar/Fig Bar/Nutri Grain Bar	Whole Grain Cereal Cheerios	Breakfast Sausage on a stick	Bagel & Eggs
Lunch	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	Chicken Alfredo	Hamburger on a bun	Meatballs and Gravy	Chicken Nuggets	Cheese Pizza
	Grains (ounce equivalent)*	1 daily, 8-9 weekly	Wheat Buns	Wheat Bun	Mashed Potatoes/ Whole Grain Bun	Whole grain Breading	Wheat Graham Crackers
	Fruit	½ cup	Fresh Fruit	Fresh Fruit /Ketchup	100% Juice	Fresh Cut Fruit Ketchup	Fresh Cut Fruit
	Vegetable**	¾ cup	Broccoli	Lettuce, Spinach Tomatoes, Cucumbers Low Cal Italian Dressing/Tater Tots	Corn	Raw Carrots Hash Browns	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.