

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	Jan 7, 2019	Jan 8, 2019	Jan 9, 2019	Jan 10, 2019	Jan 11, 2019
Breakfast***		Grades K-12	Mon.	Tues.	Wed.	Thurs.	Fri.
	Milk, fluid	1 cup		Milk	Milk	Milk	Milk
	100% Juice, fruit or vegetable	1 cup		100 % Juice Fresh Berries	Fresh Berries & Grapes	Apple sauce Banana	100 % Juice Fresh Fruit
	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	No School	Whole Grain Cereal Bar	Whole Grain Waffles	French Toast	Whole Grain Cereal
Lunch	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly		Hot Dogs 2 Ketchup	Salisbury Steak Brown Gravy	Breaded Chicken Patty No Bun 1 ketchup pk	Cheese Pizza
	Grains (ounce equivalent)*	1 daily, 8-9 weekly	No School	Whole Graham Crackers	Whole Grain Brown Rice	Whole Wheat Breading	Wheat Grain Graham Crackers
	Fruit	½ cup		Apple Slices Grapes	Fresh Fruit	Fresh Fruit	100% Juice
	Vegetable**	¾ cup		Triangle Hash Browns	Cooked Carrots	Tarter Tots Broccoli	Iceberg Lettuce Tomatoes Ranch Dressing
	Milk, fluid	1 cup		Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Menu Subject to Change

Chef Stacey Stoudemire

This institution is an equal opportunity provider.