

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	December 10, 2018	December 11, 2018	December 12, 2018	December 13, 2018	December 14, 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	Fresh Fruit	Banana Apple Slices	Oranges 100 % 4oz Juice	Apple sauce Berries	100 % 4 oz 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	Whole Wheat Cheerios	Whole Grain Waffles	Whole Grain Cereal Bar	Pancakes	Wheat French Toast
	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	Turkey Meatballs Brown Gravy	Turkey Meat Taco Cheese	Chicken Tenders	Cheese Toast	Cheese Pizza
Lunch	Grains (ounce equivalent)*	1 daily, 8-9 weekly	Brown Rice	Taco Shells	Tater Tots	Whole Wheat Crackers & Corn Chips	Whole Grain Bread
	Fruit	½ cup	100 % Juice	Apple Slices & Grapes	Pineapple Ketchup	Oranges	100 % Juice
	Vegetable**	¾ cup	Carrots, Corn, Green Beans, Broccoli, Medley	Iceberg Lettuce, Tomatoes, Cucumbers Low Cal Italian Dressing Salsa	Cooked Carrots	Spinach Salad, Tomatoes, Cucumbers Italian Dressing	Raw Broccoli
	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.