

# Global Ambassadors Language Academy

## Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
		Grades K-12	Mon.	Tues.	Wed.	Thurs.	Fri.
<b>Breakfast***</b>	Milk, fluid	1 cup	Milk	Milk	Milk	Milk	Milk
	100% Juice, fruit or vegetable	1 cup	Fresh Cut Fruit	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	Pancakes	Whole Grain Cereal Bars	Whole Grain Waffles	French Toast	Eggs biscuits
	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	Breaded Chicken Nuggets	Cheese Tacos	Salisbury Steak	Breaded Chicken Patty No Bun 1 ketchup pk	Cheese Sticks (Marina Sauce)
<b>Lunch</b>	Grains (ounce equivalent)*	1 daily, 8-9 weekly	Whole Graham Crackers	Whole Grain Chips	Whole Grain Brown Rice	Whole Wheat Graham Crackers	Wheat Grain Crackers
	Fruit	½ cup	Fresh Cut Fruit	Apple Slices Grapes	100% Juice	Fresh Fruit	100% Juice
	Vegetable**	¾ cup	Celery	Iceberg Lettuce Tomatoes Cucumbers Italian Dres	Cooked Carrots	Tarter Tots Broccoli	Spinach Tomatoes Cucumbers
	Milk, fluid	1 cup	No school	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Menu Subject to Change

Chef Stacey Stoudemire

This institution is an equal opportunity provider.