

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	December 3, 2018	December 4, 2018	December 5, 2018	December 6, 2018	December 7, 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	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	Whole Grain Cereal Bars	Whole Grain Oatmeal	Whole Grain Waffles	French Toast	Eggs biscuits
	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	Pulled Bar B Que Chicken	Cheese Pizza	Beef A Roni Brown Gravy	Breaded Chicken Patty No Bun 1 ketchup pk	Cold Deli Sandwich Cheese Mayo
Lunch	Grains (ounce equivalent)*	1 daily, 8-9 weekly	Mashed Potatoes	Whole Graham Crackers	Whole Grain Elbow Noodles	Whole Wheat Breeding	Wheat Grain Graham Crackers
	Fruit	½ cup	Fresh Fruit	Apple Slices Grapes	100% Juice	Fresh Fruit	100% Juice
	Vegetable**	¾ cup	Mixed Vegetables	SpinachLettuce Tomatoes Cucumbers Italian Dres	Cooked Carrots	Tarter Tots Broccoli	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.