

Global Ambassadors Language Academy

Breakfast / Lunch Menu - Simply Elegant Catering

Type	Component	Minimum Serving	January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 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	No School	Banana Apple Slices/Fresh Fruit	Oranges/Fresh Fruit 100 % 4oz Juice	Apple sauce Berries/Fresh Fruit	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 Grain Waffles	Whole Grain Cereal Bar	Eggs & Bagels	Wheat French Toast
Lunch	Meat or meat alternate (ounce equivalent)	1 daily, 8-9 weekly	No School	Turkey Meat Taco Cheese	Chicken Tenders	Turkey Spaghetti	Sloppy Joe Sandwich
	Grains (ounce equivalent)*	1 daily, 8-9 weekly		Taco Shells	Tater Tots	Whole Wheat Crackers	Whole Grain Bun
	Fruit	½ cup		Apple Slices & Grapes	Pineapple/ Ketchup	Oranges	100 % Juice
	Vegetable**	¾ cup	No School	Romaine Lettuce, Tomatoes, Cucumbers Low Cal Italian Dressing Salsa	Cooked Carrots	Spinach Salad, Tomatoes, Cucumbers Italian Dressing	Raw Broccoli
	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.