



# Classic Menu

## Girls Global Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	WW Mini Bagels w/ Cream Cheese & Jelly	Granola w/ Berries	WG Strawberry Bread	Red Rabbit O's Cereal WG	Baked Blueberry Oatmeal
	Apples	Clementines	Pears	Banana	Oranges
	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
LUNCH	Creamy Pesto Pasta w/ Parmesan Cheese	Garlic Ginger Chicken w/ Stir-fried Rice Noodles	Loaded Beef Chili Baked Potato w/ Sour Cream & Cheese	Jerk Chicken w/ Brown Rice & Peas	Mezze Salad Trio w/ Hummus, Tomato & Cucumber Tabbouleh & Tzatziki
	Sugar Snap Peas Rosted Red Peppers	Roasted Carrots & Broccoli	Sauteed Peppers & Onions	Braised Cabbage & Peppers Yellow Plantains	Homemade Pita Chips
	Pears Low Fat (1%) / Fat-Free Milk	Grapes Low Fat (1%) / Fat-Free Milk	Watermelon Low Fat (1%) / Fat-Free Milk	Pineapple Low Fat (1%) / Fat-Free Milk	Strawberries Low Fat (1%) / Fat-Free Milk
SNACK					

**WG= Whole Grain**  
 A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.



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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	No Service	Red Rabbit O's Cereal WG	WG Bagel w/ Strawberry Cream Cheese	Banana Chocolate Chip Bread	Mango Overnight Oats
	Labor Day	Apples	Oranges	Banana	Apple
		Low Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
<b>LUNCH</b>	No Service	Curried Chickpeas & Potatoes w/ Brown Coconut Herb Rice	Ground Turkey Bolognese w/ Spaghetti & Parmesan Cheese	Ground Beef Tacos w/ Warm Tortillas	Mediterranean Chicken Pita Pocket w/ Tzatziki
	Labor Day	Sweet Peas Overn Roasted Plantains	Sauteed Spinach & Mushrooms	Refried Beans Pico de Gallo & Cheese	Cucumber & Onion Salad Edamame
		Pears Low-fat (1%) / Fat-free Milk	Watermelon Low Fat (1%) / Fat-Free Milk	Pineapple Low Fat (1%) / Fat-Free Milk	Strawberries Low Fat (1%) / Fat Free Milk
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<b>BREAKFAST</b>	Chex Cereal	Pumpkin Spice Bread	Peach Yogurt & Granola	WG Bagels w/ Cream Cheese	Baked Maple Oatmeal
	Apples	Clementines	Strawberries	Cantaloupe	Bananas
	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
<b>LUNCH</b>	Homemade Three Cheese Mac w/ Toasted Breadcrumbs	Fall's Bounty Salad w/ Mixed Greens, Feta Cheese, Blackberries, Blueberries, Cucumbers & Lemon Herb Croutons	Mojo Chicken Rice Bowl Cilantro Lime Brown Rice Black Beans Corn Salad	Savory Beef Stew with Potatoes & Carrots Warm Dinner Rolls	Mumbo Chicken w/ Vegetable Fried Rice Yellow Peppers & Bok Choy
	Roasted Red Peppers & Brussel Sprouts	Homemade Berry Balsamic Vinaigrette	Apple	Pears	Pineapple
	Pears Low-fat (1%) / Fat-free Milk	Watermelon Low-fat (1%) / Fat-free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat Free Milk
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<b>BREAKFAST</b>	Red Rabbit O's Cereal w/ Chocolate Chips & Mini Marshmallows	Yogurt with Strawberry Compote & Granola	Red Rabbit O's Cereal WG	Tater Tot Casserole	Yogurt with Mixed Berry Compote
	Peaches	Bananas	Seasonal Fruit Salad	Pears	Bananas
	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
<b>LUNCH</b>	Creamy Pasta Primavera w/ Parmesan Cheese	Slow Cooked Italian Beef w/ Cheese, Banana Peppers & Marinara Sauce	Creamy Pesto Pasta w/ Parmesan Cheese & Spinach	Greek Marinated Chicken w/ Grilled Pita	Crispy Cheese Quesadilla
	Sauteed Spinach	Warm Roll	Sauteed Summer Squash, Oven Roasted Tomatoes & Red Peppers	Cucumber and Tomato Salad	Corn & Black Bean Salad
	Breadsticks	Honey Glazed Carrots		Roasted Garlic Potatoes	Sour Cream, Salsa
	Honeydew & Cantaloupe	Apples	Grapes	Honeydew Melon	Oranges
	Low-fat (1%) / Fat-free Milk	Low-fat (1%) / Fat-free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat Free Milk
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BREAKFAST	Red Rabbit O's Cereal WG	Yogurt & Granola	WG Bagels w/ Cream Cheese & Jam	Strawberry Overnight Oats	Butter Croissant
	Apples	Bananas	Pears	Honeydew Melon	Pears
	Low Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low-Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk	Low Fat (1%) / Fat-Free Milk
LUNCH	Maple Soy Glazed Tofu w/ Lo Mein	Pollo Saltado w/ Green Rice	Baked Spaghetti w/ Ground Beef	Coconut Curry Chickpeas w/ Couscous	Chicken Drumsticks w/ Mumbo Sauce
	Broccoli & Mushrooms Stir Fry Scallions, Sweet Chili Sauce & Sriracha	Sauteed Green Beans Cilantro & Scallions	Garlic Spinach Garlic Bread & Parmesan Cheese	Sauteed Cabbage & Carrots Plantains & Cilantro	Buttermilk Ranch Potato Salad Sweet Chili Brussel Sprouts
	Pineapple Low-fat (1%) / Fat-free Milk	Strawberries Low-fat (1%) / Fat-free Milk	Grapes Low Fat (1%) / Fat-Free Milk	Bananas Low Fat (1%) / Fat-Free Milk	Apples Low Fat (1%) / Fat Free Milk
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