

SEAGULL SCHOOLS, INC
OCTOBER 2017 ADC Breakfast and Snack MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Breakfast: Egg – 2 Eggs, Orange Wedges- 1 orange, Bread – 1 slice, and Milk- 1 c</p> <p>Snack: Clubhouse Crackers - 5 pcs and Watermelon – ½ c</p>	<p>3 Breakfast: Cereal – 1 ½ c, Banana – 1 banana and Milk- 1 c</p> <p>Snack: Graham Crackers – 8 pcs & Apple Wedges – 1 apple</p>	<p>4 Breakfast: Waffles – 2 pcs, Chilled Peaches– ½ c, & Milk- 1 c</p> <p>Snack: Ritz Cracker-8 crackers and Mandarin Oranges – ½ c</p>	<p>5 Breakfast: Cereal –1 ½ c, Applesauce – ½ c, and Milk- 1 c</p> <p>Snack: Cornbread – 2 pcs and Banana – 1 banana</p>	<p>6 Breakfast: Cereal – 1 ½ c, Orange Wedges – 1 orange, & Milk – 1 c</p> <p>Snack: Cheese-Its – 19 pcs and Watermelon – ½ c</p>
<p>9 CLOSED Discoverer's Day HOLIDAY</p>	<p>10 Breakfast: Kellogs Frosted Mini Wheat Cereal – 1 ½ c., Diced Pears – ½ c, & Milk- 1 c</p> <p>Snack: Ritz Crackers – 8 pcs & Cantaloupe – ½ c</p>	<p>11 Breakfast: Honey Oat Bread - 2 pieces, Apple Wedges – 1 apple, & Milk- 1 c</p> <p>Snack: Graham Crackers – 8 pcs & Fruit Cocktail – ½ c</p>	<p>12 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c , and Milk- 1 c</p> <p>Snack: Whole Wheat Bread – 1 slice & Cold Cut – 2 slices</p>	<p>13 Breakfast: Cereal – 1 ½ c, Fruit Cocktail – ½ c, and Milk- 1 c</p> <p>Snack: Club House Cracker-10 pcs & Applesauce – ½ c</p>
<p>16 Breakfast: Blueberry Bagel - 2 pieces, Chilled Pears – ½ c, and Milk- 1 c</p> <p>Snack: Graham Crackers – 8 & Watermelon – ½ c</p>	<p>17 Breakfast: Cereal – 1 ½ c Pineapple Chunks – ½ c, & Milk- 1 c</p> <p>Snack: Ritz Crackers – 10 pcs and Cantaloupe – ¾ c</p>	<p>18 Breakfast: Sweet Bread – 2 pc, Chilled Peaches – ½ c and Milk – 1 c</p> <p>Snack: Cornbread – 2 pcs and Diced Pears – ½ c</p>	<p>19 Breakfast: Cereal – 1 ½ c Apple Wedges- 1 apple, & Milk- 1 c</p> <p>Snack: Clubhouse Crackers 10 pcs & Honeydew Melon – ½ c</p>	<p>20 Breakfast: Cereal – 1 ½ c, Chilled Pears – 1 c, and Milk- 1 c</p> <p>Snack: Ritz Crackers – 8 pcs and Mandarin Oranges – ½ c</p>
<p>23 Breakfast: French Toast – 2 pcs, Peaches – ½ c, & Milk - 1c</p> <p>Snack: Graham Cracker – 8 pcs & Orange Wedges – 1 orange</p>	<p>24 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c and Milk- 1 c</p> <p>Snack: Clubhouse Crackers -10 pcs and Watermelon - ¾ c</p>	<p>25 Breakfast: Pork Patty – 2 patties, Mandarin Oranges – ½ c, Bread – 1 slice, & Milk- 1 c</p> <p>Snack: Graham Cracker – 8 pcs & Cantaloupe – ½ c</p>	<p>26 Breakfast: Cereal – 1 ½ c, Chilled Peaches 1 ½ c, and Milk- 1 c</p> <p>Snack: Whole Wheat Bread – 1 slice & Cold Cut – 2 slices</p>	<p>27 Breakfast: Cereal – 1 ½ c, Mandarin Oranges – ½ c, and Milk- 1 c</p> <p>Snack: Ritz Crackers – 8 pcs and Fruit Cocktail – ½ c</p>
<p>30 Breakfast: Egg – 2 Eggs, Diced Pears – ½ c, Bread – 1 slice, and Milk- 1 c</p> <p>Snack: Clubhouse Crackers 10 pcs & Honeydew Melon – ½ c</p>	<p>31 Breakfast: Cereal –1 ½ c, Banana – 1 banana and Milk- 1 c</p> <p>Snack: Cornbread – 2 pcs and Diced Pears – ½ c</p>			

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults.

Items in **bold** indicate daily required serving of a whole grain component.

Δ May contain egg product. □ May contain cheese ★May contain mayonnaise.

All meals are served with 1% skim milk for ages 2 years and older. Whole Milk served to 18-24 month old toddlers.

Seagull Schools operates in accordance with U.S. Department of Agriculture policy, which prohibits discrimination on the basis of race, color, sex, age, disability, or national origin.

Seagull Schools reserves the right to change meals at any time

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