


SEAGULL SCHOOLS, INC.
SATURDAY LUNCH MENU
April 2019

APRIL 6, 2019	APRIL 13, 2019	APRIL 20, 2019	APRIL 27, 2019	
<p>Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, & Milk - 1 c</p> <p>Snack: Club House Cracker- 10 & Diced Pears – ½ c</p> <p>Lunch: Chicken Salad Sandwich- 1 sandwich * Broccoli – ½ c Cheese – 2 slices □ Cantaloupe – ½ c</p>	<p>Breakfast: Cereal - 1 ½ c, Applesauce – ½ c and Milk - 1 c</p> <p>Snack: Ritz crackers – 8 pcs and Pineapple Chunks – ½ c</p> <p>Lunch: Egg Salad Sandwich – 1 sandwich * Cheese - 2 slices □ Broccoli - ½ c Chilled Peaches – ½ c</p>	<p>Breakfast: Cereal – 1 ½ c, Pineapple Chunks – ½ c, & Milk - 1 c</p> <p>Snack: Graham Crackers – 8 pcs and Diced Pears – ½ c</p> <p>Lunch: Tuna Salad Sandwich - 1 sandwich *Δ Cheese - 2 slices □ Broccoli - ½ c Chilled Peaches – ½ c</p>	<p>Breakfast: Cereal – 1 ½ c, Orange Wedges – 1 orange, and Milk - 1 c</p> <p>Snack: Ritz Cracker – 8 crackers & Pineapple Chunks- ½ c</p> <p>Lunch: Ham Cold Cut Sandwich - 1 sandwich * Broccoli - ½ c Cheese - 2 slices □ Diced Pears – ½ c</p>	

Δ May contain egg product.

□ May contain cheese.

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

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults

All meals are served with 1% milk for those aged 2 years and older; Whole Milk is served to toddlers (18-24 months).

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.