

SEAGULL SCHOOLS, INC.
FEBRUARY 2019 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Ham Sandwich- ½ sandwich★ Cheese – 1 slice □ Cut Broccoli – ¼ c Apple – 1 apple
4 Chili - ½ c Steamed Rice- ¼ c Mixed Vegetables - ¼ c Chilled Peaches – ½ c	5 Portuguese Bean Soup w/ vegetables - ½ c Steamed Rice- ¼ c Cut Green Beans- ¼ c Apples – ½ apple	6 Macaroni & Cheese - ½ c □ Yogurt – 1 yogurt Peas - ¼ c Whole Wheat Bread– 1 slice Banana – ½ banana	7 Kalua Pork and Cabbage – ½ c Steamed Rice – ¼ c Succotash – ¼ c Pineapple Chunks – ¼ c	8 Tuna Sandwich - ½ sandwich★ Cut Broccoli – ¼ c Cheese – 1 slice □ Peaches - ¼ c
11 Hamburger Curry – ½ c Steamed Rice - ¼ cup Cut Green Beans - ¼ cup Chilled Peaches – ¼ c	12 Chicken Vegetable Stew – ½ c Steamed Rice - ¼ c Diced Carrots - ¼ c Pineapples - ¼ c	13 Vegetable Lasagna □ - ½ c Peas - ¼ c Yogurt – 1 yogurt Apple Slices – ½ apple Whole Wheat Bread - 1 slice	14 Roast Pork – ¼ c Mashed Potatoes – ¼ c Corn – ½ c Pineapples – ¼ c Whole Wheat Bread – 1 slice	15 Chicken Breast Sandwich - ½ sandwich★ Cut Broccoli - ¼ c Cheese – 1 slice □ Banana – 1 banana
18 CLOSED PRESIDENTS DAY HOLIDAY	19 Chicken Long Rice – ½ c Steamed Rice – ¼ c Peas and Carrots – ½ c Chilled Pears – ¼ c	20 Tofu Hekka with veggies- ½ cup □ Steamed Rice – ¼ c Corn - ¼ c Banana – ½ banana	21 Beef Macaroni □ – ½ c Cut Green Beans - ¼ c Pineapple Chunks – ¼ c Whole Wheat Bread – 1 slice	22 Egg Salad Sandwich - ½ sandwich Δ★ Cheese -1 slice □ Cut Broccoli – ¼ c Orange Wedges - ½ orange
25 Chicken Ala King – ½ c Steamed Rice – ¼ c Mixed Vegetables – ¼ c Diced Pears – ¼ c	26 Spaghetti w/ Meat Sauce – ½ c Cut Broccoli – ¼ c Pineapples – ¼ c Whole Wheat Bread – 1 slice	27 3 Bean Chili – ½ c Steamed Rice- ¼ c Peas – ¼ c Apple Slices – ½ apple	28 Hamburger Stew w/ vegetables - ½ c Steamed Rice- ¼ c Cut Green Beans - ¼ c Chilled Peaches – ½ c	3/1 Tuna Sandwich – ½ sandwich★ Cut Broccoli – ¼ c Cheese – 1 slice □ Apple Slices – ½ apple

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds SERVINGS FOR FLUIDS = ¾ C Milk or Juice for 3 – 5 year olds

Δ May contain egg product. □ May contain cheese. ★ May contain mayonnaise. Items in **bold** indicate daily required serving of a whole grain component.

All meals are served with 1% skim milk for ages 2 years old and older. Whole Milk is 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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