

SEAGULL SCHOOLS, INC.
JULY 2017 ADC BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Breakfast: Cereal – ¾ c, Orange wedges – 1 orange, & Milk- 1 c</p> <p>Snack: Ritz Cracker- 8 cracker and Watermelon - ¾ c</p>	<p>4 CLOSED 4th of JULY HOLIDAY OBSERVED</p>	<p>5 Breakfast: Waffles - 2 pieces, Diced Pears - ½ c, & Milk- 1 c</p> <p>Snack: Buttered toast - 1 slice and Apple Wedges – ¾ c</p>	<p>6 Breakfast: Cereal – ¾ c, Applesauce – ½ c, and Milk- 1 c</p> <p>Snack: Gold Fish Cracker-37 cracker and Honeydew Melon – ¾ c</p>	<p>7 Breakfast: Cereal – ¾ c, Orange Wedges – 1 orange, and Milk- 1 c</p> <p>Snack: Nilla Wafers – 8 wafers and Cantalope – ¾ c</p>
<p>10 Breakfast: Egg – 2 Eggs, Apple wedges – 1 apple, Bread – 1 slice, and Milk- 1 c</p> <p>Snack: Ritz Cracker-8 crackers and Pineapple Chunks – ¾ c</p>	<p>11 Breakfast: Cereal – ¾ c, Banana – 1 banana, and Milk- 1 c</p> <p>Snack: Club House Cracker- 10 pcs & Chilled Peaches – ¾ c</p>	<p>12 Breakfast: Honey Oat Bread - 2 pieces, Mandarin Oranges – ½ c, & Milk- 1 c</p> <p>Snack: Cinnamon Toast - 1 slice and Diced Pears – ¾ c</p>	<p>13 Breakfast: Cereal – ¾ c, Fresh Pineapples – ½ c, and Milk- 1 c</p> <p>Snack: Graham crackers – 8 pcs and watermelon – ¾ c</p>	<p>14 Breakfast: Cereal – ¾ c, Banana -1 banana, & Milk- 1 c</p> <p>Snack: Gold Fish Cracker-37 pcs and Sliced Peaches – ¾ c</p>
<p>17 Breakfast: French Toast - 4 sticks, Apple Wedges – 1 apple and Milk- 1 c</p> <p>Snack: Gold Fish Cracker-37 cracker and Watermelon – ¾ c</p>	<p>18 Breakfast: Cereal – ¾ c, Banana – 1 banana, and Milk- 1 c</p> <p>Snack: Club House Cracker - 10 pcs & Chilled Peaches – ¾ c</p>	<p>19 Breakfast: Blue Berry Bagel – 2 pieces, Orange Wedges – 1 orange, & Milk- 1 c</p> <p>Snack: Ritz Cracker-8 crackers and Pineapple Chunks – ¾ c</p>	<p>20 Breakfast: Cereal – ¾ c, Diced Pears - ½ c, and Milk- 1 c</p> <p>Snack: Nilla Wafers – 8 wafers and Orange Wedges – 1 orange</p>	<p>21 Breakfast: Cereal – ¾ c, Apples – 1 apple, and Milk- 1 c</p> <p>Snack: Cinnamon Toast – 1 slice and Chilled Peaches – ¾ c</p>
<p>24 Breakfast: Pancakes – 2 pancakes, Diced Pears – ¾ c, and Milk- 1 c</p> <p>Snack: Graham Crackers – 8 pcs & Watermelon - ¾ c</p>	<p>25 Breakfast: Cereal – ¾ c, Banana – 1 banana, and Milk- 1 c</p> <p>Snack: Club House Cracker - 10 pcs & Honeydew Melon – ¾ c</p>	<p>26 Breakfast: Egg – 2 Eggs, Apple wedges – 1 apple, Bread – 1 slice, and Milk- 1 c</p> <p>Snack: Nilla Wafers – 8 wafers and Fresh Pineapple– ¾ c</p>	<p>27 Breakfast: Cereal – ¾ c, Applesauce- ½ c, and Milk- 1 c</p> <p>Snack: Goldfish Cracker – 37 pcs, and Banana – 1 banana</p>	<p>28 Breakfast: Cereal – ¾ c, Pineapple Chunks – ½ c, and Milk- 1 c</p> <p>Snack: Cinnamon Toast - 1 slice and Applesauce– ¾ c</p>

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults

Δ May contain egg product.

□ May contain cheese.

★ May contain mayonnaise.

■ May contain dairy product.

All meals are served with 1% skim milk.

Seagull Schools reserves the right to change meals at any time

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