

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults	Δ May contain egg product. □ May contain cheese. ★ May contain mayonnaise.			1 Breakfast: Waffles – 2 pcs, Chilled Peaches – ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Cantaloupe – ½ c
4 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, & Milk - 1 c Snack: Ritz Cracker- 8 pcs & Pineapple Chunks – ½ c	5 Breakfast: Cereal –1 ½ c, Chilled Pears – ½ c, & Milk- 1 c Snack: Graham Crackers - 8 pcs & Honeydew Melon – ½ c	6 Breakfast: Waffles – 2 pcs, Pineapple – ½ c, & Milk- 1 c Snack: Cornbread – 2 pcs & Chilled Pears – ½ c	7 Breakfast: Cereal –1 ½ c, Diced Pears – ½ c, & Milk- 1 c Snack: Ritz Crackers – 8 pcs & Chilled Peaches – ½ c	8 Breakfast: Cereal 1 ½ c, Apple Wedges – 1 apple, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs & Applesauce – ½ c
11 Breakfast: Egg – 2 Eggs Δ Diced Pears – ½ c, Whole Wheat Bread – 1 slice, & Milk- 1 c Snack: Ritz Crackers – 8 pcs & Pineapple Chunks – ½ c	12 Breakfast: Cereal –1 ½ c, Chilled Peaches- ½ c, & Milk- 1 c Snack: Ritz Cracker - 8 pcs & Diced Pears – ½ c	13 Breakfast: Waffles – 2 pcs, Applesauce – ½ c, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Cantaloupe – ½ c	14 Breakfast: Cereal – 1 ½ c, Chilled Pears – ½ c, & Milk- 1 c Snack: Graham Crackers – 8 pcs & Banana – 1 banana	15 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c & Milk- 1 c Snack: Ritz Crackers – 10 pcs & Chilled Pears – ½ c
18 CLOSED PRESIDENTS DAY HOLIDAY	19 Breakfast: Cereal –1 ½ c, Chilled Pears, & Milk- 1 c Snack: Graham Crackers - 8 pcs & Apple Slices – 1 apple	20 Breakfast: Waffles - 2 waffles, Banana- 1 banana, & Milk- 1 c Snack: Cornbread – 2 pcs & Chilled Peaches – ½ c	21 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, & Milk- 1 c Snack: Graham Crackers – 8 pc & Pineapple Chunks – ½ c	22 Breakfast: Cereal – 1 ½ c, Apple –1 apple, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, & Chilled Peaches – ½
25 Breakfast: Waffles – 2 pcs, Applesauce – ½ c and Milk- 1 c Snack: Graham Crackers – 8 pcs & Diced Pears – ½ c	26 Breakfast: Cereal –1 ½ c, Chilled Peaches – ½ c & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs & Cantaloupe– ½ c	27 Breakfast: Waffles – 2pcs, Diced Pears – ½ c, & Milk- 1 c Snack: Graham Crackers – 8 pcs & Banana – 1 banana	28 Breakfast: Cereal – 1 ½ c, Chilled Peaches- ½ c, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, & Pineapple Chunks – ½ c	3/1 Breakfast: Cereal – 1 ½ c, Pineapples – ½ c, & Milk- 1 c Snack: Ritz Crackers – 8 pcs & Banana – 1 banana

All meals are served with 1% skim milk for 2 yr olds and older. Whole Milk is served to toddlers 18-24 months olds.

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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