

SEAGULL SCHOOLS, INC.
ADC MARCH 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Stew – 1 c □ Steamed Rice- ½ c Succotash- ½ c Honey Dew Melon – ½ c Whole Wheat Bread – 2 slices	2 Tuna Salad SandwichΔ- 1 sandwich ★ Cut Broccoli – ½ c Cheese - 2 slices □ Orange Wedges – ½ orange
5 Meatballs w/ Gravy - 10 pieces Δ Steamed Rice- ½ c Corn - ½ c Fruit Cocktail – ½ c	6 Spaghetti w/ Meat Sauce □ – 1 c Peas & Carrots – ½ c Chilled Peaches – ½ c Whole Wheat Bread – 2 slices	7 Tofu Hekka with Veggies – 1 c Steamed Rice – ½ c Cut Broccoli - ½ c Whole Wheat Bread – 1 slice Banana – ½ banana	8 Chicken ala King – 1 c Steamed Rice- ½ c Green Beans - ½ c Pineapples – ½ c Whole Wheat Bread- 1 slice	9 Chicken Breast Salad Sandwich - 1 sandwich Δ ★ Cut Broccoli - ½ c Cheese - 2 slices □ Apple Wedges- ½ apple
12 Portuguese Bean Soup w/vegetables- 1 c Steamed Rice – ½ c Cut Green Beans- ½ cup c Pineapples – ½ c Whole Wheat Bread – 1 slice	13 Turkey Crisp - ½ c □ Steamed Rice- ½ c Peas - ½ c Apple Slices - ½ apple Whole Wheat Bread - 1 slice	14 Vegetable Soup – 1 c Yogurt – 1 c Cut Broccoli - ½ c Chilled Peaches – ½ c Taro Rolls – 2 pcs	15 Roast Pork w/ Gravy - ½ c Mashed Potatoes - ½ c Corn - ½ c Watermelon – ½ c Whole Wheat Bread - 2 slices	16 Egg Salad Sandwich - 1 sandwich Δ ★ Cut Broccoli - ½ c Cheese - 2 slices □ Orange wedges – ½ orange
19 Hamburger Patty w/ Gravy – 1 piece Mashed Potatoes - ½ c Corn - ½ c Chilled Peaches – ½ c Whole Wheat Bread -2 slices	20 Chicken Curry - 1 c Steamed Rice- ½ c Peas and Carrots - ½ c Mandarin Oranges – ½ c Whole Wheat Bread - 1 slice	21 Vegetable Lasagna - 1 c □ Peas – ½ c Yogurt – 1 c Honey Dew Melon - ½ c Whole Wheat Bread – 2 slices	22 Kalua Pork & Cabbage - 1 c Steamed Rice - ½ c Succotash - ½ c Fresh Pineapples – ½ c Whole Wheat Bread - 1 slice	23 Cold Cut Sandwich – 1 sandwich ★ Cheese – 2 slices □ Cut Broccoli – ½ c Orange Wedges – ½ orange
26 CLOSED Prince Kuhio Day Holiday	27 CLOSED STAFF IN-SERVICE TRAINING	28 Macaroni and Cheese □ - 1 c Yogurt – 1 c Peas - ½ c Chilled Peaches – ½ c Whole Wheat Bread – 2 slices	29 Tuna Salad SandwichΔ- 1 sandwich ★ Cut Broccoli – ½ c Cheese - 2 slices □ Orange Wedges – ½ orange	30 CLOSED Good Friday Holiday

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. ■ May contain dairy product.

All meals are served with 1% skim milk.

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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