

SEAGULL SCHOOLS, INC.
AUGUST 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Macaroni and Cheese □ - ½ c Yogurt – 1 cup Peas - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	2 Hamburger Stew – ½ c Steamed Rice- ¼ c Succotash - ¼ c Sliced Apples – ½ apple	3 Chicken Salad Sandwich- ½ sandwich* Cut Broccoli - ¼ c Cheese-1 slice □ Banana – ½ banana
6 Chili – ½ c Steamed Rice – ¼ c Cut Green Bean - ¼ c Apple Slices – ½ apple	7 Chicken Long Rice – ½ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Chilled Peaches- ¼ c	8 Veggie Lasagna □ - ½ c Yogurt – 1 yogurt Broccoli -¼ c Diced Pears Apple Slices – ½ apple Whole Wheat Bread – 1 slice	9 Hamburger Curry - ½ c Steamed Rice - ¼ c Succotash - ¼ c Chilled Pineapples – ¼ c	10 Cold Cut Sandwich- ½ sandwich* Cheese – 1 slice □ Cut Broccoli – ¼ c Orange wedge – ½ orange
13 Beef Macaroni -½ cup□ Cut Broccoli – ¼ c Chilled Pears Applesauce- ¼ c Whole Wheat Bread- ½ slice	14 Chicken Ala King- ½ c Steamed Rice – ¼ c Broccoli – ¼ c Banana – ½ banana	15 Vegetable Soup - ½ c Yogurt – 1 yogurt Peas - ¼ c Apple Slices – ½ apple Taro Roll – 1 pc	16 EEC, KAILUA, KAPOLEI & KOOLINA - CLOSED OCEAN POINTE ONLY Egg Salad Sandwich – ½ sandwich* Cheese – 1 slice Cut Broccoli – ¼ c Banana – ½ banana	17 CLOSED ADMISSIONS DAY HOLIDAY OBSERVED
20 Portuguese Bean Soup – ½ c Steamed Rice- ¼ c Cut Green Beans- ¼ c Chilled Pineapples – ¼ c	21 Spaghetti w/ Meat Sauce □ – ½ c Peas – ¼ c Banana – 1 banana Whole Wheat Bread – 1 slice	22 Tofu Hekka w/Vegetables □ – ½ c Steamed Rice – ¼ c Cut Broccoli – ¼ c Chilled Peaches – ¼ c	23 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Succotash- ¼ c Chilled Pineapples – ¼ c	24 Chicken Salad Sandwich- ½ sandwich* Cut Broccoli - ¼ c Cheese-1 slice □ Banana – ½ banana
27 Beef Stew - ½ c Steamed Rice- ¼ c Corn- ¼ c Chilled Pineapples – ½ c	28 Chicken Curry - ½ c Steamed Rice- ¼ c Cut Broccoli- ¼ c Chilled Pears Applesauce – ¼ c	29 Vegetable Lasagna□ - ½ c Yogurt – 1 yogurt Broccoli -¼ c Diced Pears Apple Slices – ½ apple Whole Wheat Bread –1 slice	30 Pork Long Rice – ½ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Chilled Peaches- ¼	31 Tuna Salad Sandwich- ½ sandwich* Cut Broccoli - ¼ c Cheese-1 slice□ Banana – ½ banana

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 reserves the right to change meals at any time

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.