

SEAGULL SCHOOLS, INC.  
**OCTOBER 2017 ADC LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Hamburger Curry – 1 c <b>Steamed Rice-</b> ½ c Cut Green Beans- ½ c Orange – ½ orange Whole Wheat Bread – 1 slice	<b>3</b> Chicken Long Rice – 1 c <b>Steamed Rice</b> – ½ c Mixed Vegetables – ½ c Pineapple Chunks – ½ c Whole Wheat Bread – 1 slice	<b>4</b> Macaroni and Cheese - 1 c □ Yogurt – 2 yogurts Peas - ½ c Watermelon – ½ c <b>Whole Wheat Bread – 2 slices</b>	<b>5</b> Kalua Pork and Cabbage – 1 c <b>Steamed Rice</b> - ½ c Peas and Carrots - ½ c Mandarin Oranges – ½ c Whole Wheat Bread - 1 slice	<b>6</b> <b>Chicken Breast Sandwich- 1 sandwich*</b> Cut Broccoli - ½ c Cheese - 2 slices □ Chilled Pineapples – ½ c
<b>9</b> <b>CLOSED</b> <b>Discoverer's Day</b> <b>Holiday</b>	<b>10</b> Meatball Subs (2 subs per adult) Meatball- 10 pieces Δ (per sub) Bun – 2 Corn- ½ c Apple Wedges – ½ apple *Whole Grain component offered @ breakfast	<b>11</b> Veggie Lasagna - 1 c □ Cut Green Beans - ½ c Yogurt- 2 yogurts Honeydew Melon – ½ c <b>Whole Wheat Bread - 2 slice</b>	<b>12</b> Portuguese Bean Soup w/ Vegetables - 1 c <b>Steamed Rice</b> – ½ c Succotash - ½ c Chilled Peaches – ½ c Whole Wheat Bread – 1 slice	<b>13</b> <b>Tuna Salad Sandwich Δ*- 1 sandwich</b> Cut Broccoli - ½ c Cheese - 2 slices □ Banana – 1 banana
<b>16</b> Hamburger Patty w/ Gravy – 1 pc Mashed Potatoes- ½ c Peas and Carrots- ½ c Chilled Peaches – ½ c <b>Whole Wheat Bread– 2 slices</b>	<b>17</b> Chicken Vegetable Stew – 1c <b>Steamed Rice-</b> ½ c Corn - ½ c Mandarin Oranges – ½ c Whole Wheat Bread - 1 slice	<b>18</b> Vegetable Soup – 1 c Yogurt – 1 c Peas - ½ c Apple Slices – ½ apple <b>Taro Rolls – 2 pcs.</b>	<b>19</b> Roast Pork – ½ c Mashed Potatoes – ½ c Mixed Vegetables- ½ c Pineapple Chunks – ½ c <b>Whole Wheat Bread - 2 slices</b>	<b>20</b> <b>Cold Cut w/ Cheese Sandwich- 1 sandwich □*</b> Cut Broccoli - ½ c Orange Wedge – 1 orange
<b>23</b> Teriyaki Meatballs Δ - 10 pcs <b>Steamed Rice</b> - ½ c Corn - ½ c Apple Slices – ½ apple Whole Wheat Bread – 1 slice	<b>24</b> Turkey Crisp w/ Cheese- ½ c □ <b>Steamed Rice-</b> ½ c Peas - ½ c Banana – ½ banana Whole Wheat Bread- 1 slice	<b>25</b> Veggie Tofu Chili – 1 c <b>Steamed Rice</b> – ½ c Cut Broccoli – ½ c Chilled Peaches – ½ c Whole Wheat Bread – 1 slice	<b>26</b> Spaghetti w/ Meat Sauce □ – 1 c Cut Green Beans – ½ c Fruit Cocktail – ½ c <b>Whole Wheat Bread – 2 slices</b>	<b>27</b> <b>Egg Salad Sandwich Δ* - 1 sandwich</b> Cut Broccoli - ½ c Cheese - 2 slices □ Orange Wedges – 1 orange
<b>30</b> Beef Macaroni □ – 1 c Succotash – ½ c Chilled Peaches – ½ c <b>Whole Wheat Bread – 2 slices</b>	<b>31</b> Chicken Long Rice – 1 c <b>Steamed Rice-</b> ½ c Cut Green Bean- ½ c Apple Slices – 1 apple Whole Wheat Bread - 1 slice			

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults

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 and older. Whole Milk 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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