



# SEAGULL SCHOOLS, INC.

## OCTOBER 2017 PRESCHOOL BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Breakfast:</b> Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c  <b>Snack:</b> Clubhouse crackers – 5 pcs and Apple Juice – ½ c	<b>3</b> <b>Breakfast:</b> Egg – 1 Egg, Orange Wedges – 1 orange, bread – ½ slice, and Milk- ¾  <b>Snack:</b> Graham Crackers – 4 pcs and Apples – 1 apple	<b>4</b> <b>Breakfast:</b> Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c  <b>Snack:</b> Ritz Cracker- 5 cracker and Mandarin Oranges – ½ c	<b>5</b> <b>Breakfast:</b> Waffles -1 waffle, Chilled Peaches- ½ c, and Milk- ¾ c  <b>Snack:</b> Cornbread – 1 pc and Banana – 1 banana	<b>6</b> <b>Breakfast:</b> Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c  <b>Snack:</b> Cheese Its – 10 pcs and Grape Juice- ½ c
<b>9</b> <b>CLOSED</b> <b>Discoverer's Day</b> <b>HOLIDAY</b>	<b>10</b> <b>Breakfast:</b> Kellogs Frosted Mini Wheat Cereal – 1/3 c, Orange Wedges – 1 orange, and Milk- ¾ c <b>Snack:</b> Ritz Cracker- 5 cracker and Grape Juice – ½ c	<b>11</b> <b>Breakfast:</b> Cereal – 1/3 c, Diced Pears – ½ c, and Milk- ¾ c  <b>Snack:</b> Graham Crackers – 4 pcs, & Fruit Cocktail - ½ c	<b>12</b> <b>Breakfast:</b> Honey Oat Bread-1 piece, Apples – 1 apple, and Milk- ¾ c  <b>Snack:</b> Whole Wheat Bread – ½ slice & Cold Cut – 1 slice	<b>13</b> <b>Breakfast:</b> Cereal – 1/3 c, Diced Pears – ½ c, and Milk- ¾ c  <b>Snack:</b> Club House Cracker - 5 crackers & Applesauce – ½ c
<b>16</b> <b>Breakfast:</b> Cereal – 1/3 c, Fruit Cocktail – ½ c, and Milk- ¾ c  <b>Snack:</b> Graham Crackers – 4 pcs, & Apple Juice - ½ c	<b>17</b> <b>Breakfast:</b> Blueberry Bagel -1 piece, Diced Pears – ½ c, and Milk- ¾ c <b>Snack:</b> Goldfish Crackers – 19 pcs and Grape Juice- ½ c	<b>18</b> <b>Breakfast:</b> Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c <b>Snack:</b> Cornbread – 1 pc and Diced Pears – ½ c	<b>19</b> <b>Breakfast:</b> Sweet Bread – 1 pcs, Chilled Peaches – ½ c, and Milk- ¾ c <b>Snack:</b> Clubhouse Cracker - 5 crackers and Banana – 1 banana	<b>20</b> <b>Breakfast:</b> Cereal – 1/3 c, Apple Wedges- 1 apple, and Milk- ¾ c <b>Snack:</b> Ritz Crackers – 5 pcs & Mandarin Oranges – ½ c
<b>23</b> <b>Breakfast:</b> Cereal – 1/3 c, Diced Pears – ½ c, and Milk- ¾ c  <b>Snack:</b> Graham Cracker - 4 pcs & Apple Juice– ½ c	<b>24</b> <b>Breakfast:</b> French Toast -1 slice, Chilled Peaches – ½ c, and Milk- ¾ c <b>Snack:</b> Clubhouse Crackers – 5 pcs, & Pineapple chunks- ½ c	<b>25</b> <b>Breakfast:</b> Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c <b>Snack:</b> Cheese Its – 10 pcs & Grape Juice - ½ c	<b>26</b> <b>Breakfast:</b> Pork Patty – 1 patty, Mandarin Oranges – ½ c, Bread – ½ slice, and Milk- ¾ c <b>Snack:</b> Whole Wheat Bread – ½ slice & Cold Cut – 1 slice	<b>27</b> <b>Breakfast:</b> Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c <b>Snack:</b> Ritz Cracker - 5 crackers & Fruit Cocktail – ½ c
<b>30</b> <b>Breakfast:</b> Cereal – 1/3 c, Mandarin Oranges – ½ c, and Milk- ¾ c  <b>Snack:</b> Goldfish Crackers – 19 pcs & Apple Slices-1apple	<b>31</b> <b>Breakfast:</b> Egg – 1 Egg, Diced Pears – ½ c, bread – ½ slice, and Milk- ¾ <b>Snack:</b> Cornbread – 1 pc & Fruit Cocktail – ½ c			

Δ May contain egg product.    □ May contain cheese.    ★May contain mayonnaise.    Items in **bold** indicate daily required serving of a whole grain component.

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

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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