

SEAGULL SCHOOLS, INC.
SATURDAY LUNCH MENU
OCTOBER 2017

October 7, 2017	October 14, 2017	October 21, 2017	October 28, 2017	
<p>Breakfast: Cereal – 1 ½ c, Banana – 1 banana, and Milk - 1 c</p> <p>Snack: Graham Crackers – 8 pcs & Watermelon – ½ c</p> <p>Lunch: Chicken Breast Salad Sandwich – 1 sandwichΔ Cheese - 2 slices□ Cut Broccoli - ½ c Orange Wedges – ½ orange</p>	<p>Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk - 1 c</p> <p>Snack: Club House Cracker- 10 crackers and Fruit Cocktail – ½ c</p> <p>Lunch: Tuna Salad Sandwich- 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices□ Banana – 1 banana</p>	<p>Breakfast: Cereal – 1 ½ c, Chilled Pears – ½ c, & Milk - 1 c</p> <p>Snack: Ritz Crackers - 8 pcs & Honeydew Melon – ½ c</p> <p>Lunch: Cold Cut w/ Cheese Sandwich- 1 sandwich □Δ Broccoli – ½ c Orange Wedge – ½ orange</p>	<p>Breakfast: Cereal – 1 ½ c, Mandarin Oranges – ½ c, and Milk - 1 c</p> <p>Snack: Graham Crackers – 8 & Cantaloupe – ½ c</p> <p>Lunch: Egg Salad SandwichΔ - 1 sandwich Broccoli - ½ c Cheese - 2 slices□ Fruit Cocktail – ½ c</p>	

All meals are served with 2% 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.