

SEAGULL SCHOOLS, INC.
FEBRUARY 2019 PRESCHOOL BREAKFAST/SNACK MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | | | | 1 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Clubhouse Crackers – 5 & Apple Juice – ½ c |
| 4 Breakfast: Waffles – 1 pc, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Ritz Crackers- 5 cracker & Pineapples- ½ c | 5 Breakfast: Cereal – 1/3 c, Applesauce – ½ c, & Milk – ¾ c Snack: Graham Crackers – 4 pc & Grape Juice – ½ c | 6 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Cornbread – 1 pc and Apple Juice – ½ c | 7 Breakfast: Waffles -1 pc, Pineapple Chunks - ½ c, & Milk- ¾ c Snack: Ritz Crackers – 5 pcs & Chilled Peaches – ½ c | 8 Breakfast: Cereal – 1/3 c, Diced Pears – ½ c, & Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs & Applesauce - ½ c |
| 11 Breakfast: Cereal – 1/3 c, Apple Wedges – 1 apple, & Milk- ¾ c Snack: Ritz Cracker- 5 pcs & Grape Juice - ½ c | 12 Breakfast: Egg – 1 Egg, Diced Pears – ½ c, bread – ½ slice, & Milk- ¾ c Snack: Goldfish Crackers – 19 pcs & Diced Pears – ½ c | 13 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs & Apple Juice – ½ c | 14 Breakfast: Waffles -1 piece , Applesauce – ½ c, & Milk- ¾ c Snack: Graham Crackers – 4 pc & Banana – 1 banana | 15 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Ritz Crackers – 5 pcs, and Chilled Pears – ½ c |
| 18 CLOSED PRESIDENTS DAY HOLIDAY | 19 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Goldfish Crackers – 19 pcs & Apple Slices – 1 apple | 20 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Cornbread -1 pc & Chilled Peaches – ½ c | 21 Breakfast: Waffles – 1 waffle, Banana- 1 banana, & Milk- ¾ c Snack: Graham Crackers – 4 pc & Pineapple Chunks – ½ c | 22 Breakfast: Cereal – 1/3 c, Applesauce – ½ c, & Milk- ¾ c Snack: Cheese Its – 10 pcs, & Chilled Peaches – ½ c |
| 25 Breakfast: Cereal – 1/3 c, Apple – 1 apple, & Milk- ¾ c Snack: Gold Fish Cracker-19 cracker & Diced Pears – ½ c | 26 Breakfast: Waffles -1 pc, Applesauce – ½ c, & Milk- ¾ c Snack: Club House Cracker-5 pcs & Grape Juice – ½ c | 27 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Graham Crackers – 4 pc, & Banana – 1 banana | 28 Breakfast: Waffles - 1 pc, Diced Pears – ½ c, & Milk- ¾ c Snack: Club House Cracker-5 pcs & Pineapple Chunks – ½ c | 3/1 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Ritz Crackers – 5 pcs & Banana – 1 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.

All meals are served with 1% skim milk to ages 2 years old and older. Whole Milk is served to toddlers 18-24 months old.

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

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider & employer.