

**SEAGULL SCHOOLS, INC.**  
**JUNE 2017 PRESCHOOL LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Portuguese Bean Soup w/vegetables - ½ c Cut Green Beans - ¼ c Diced Pears – ¼ c Steamed Rice – ¼ c	2 Tuna Salad SandwichΔ – ½ sandwich Cheese – 1 slice□ Cut Broccoli – ¼ c Orange – ½ orange
5 (1 sub per child) Meatball Sub- 5 pieces Buns – 1 bun Succotash - ¼ c Fruit Cocktail – ¼ c	6 Turkey Crisp - ¼ c □ ■ Steamed Rice- ¼ c Peas- ¼ c Apples - ¼ c	7 Vegetable Soup - ½ c Yogurt – 1 yogurt Broccoli - ¼ c Apple Slices – ½ apple Taro Roll – 1 pc	8 Roast Pork with gravy - ¼ c Mashed Potatoes - ¼ c Corn - ¼ c Chilled Pears - ¼ c Whole Wheat Bread – 1 slice	9 Chicken Breast Salad Sandwich – ½ sandwich★ Cheese – 1 slice□ Cut Broccoli - ¼ c Apple Wedges – ½ apple
<b>12 CLOSED Kamehameha Day HOLIDAY</b>	13 Chili with Hamburger – ½ c, Steamed Rice- ¼ cup Corn- ¼ cup Orange Wedge – ½ orange	14 Vegetable Lasagna - ½ c □ Yogurt - 1 Peas - ¼c Chilled Peaches - ¼ c Whole Wheat Bread – ½ slice	15 Chicken Curry – ½ c Steamed Rice - ¼ c Peas and Carrots - ¼ c Orange Wedges – ½ orange	16 Egg Salad Sandwich - ½ sandwichΔ★ Cheese – 1 slice□ Cut Broccoli – ¼ c Orange Wedges - ½ orange
19 Beef Macaroni□ - ½ c Mandarin Oranges - ¼ c Peas – ¼ c Whole Wheat Bread- ½ slice	20 Turkey a la King ■ - ½ c Steamed Rice - ¼ c Diced Carrots - ¼ c Pineapple Chunks - ¼ c	21 Vegetarian Tofu Chili – ½ c □ Steamed Rice – ¼ c Cut Green Beans – ¼ c Banana – 1 banana	22 Chicken Hekka w/Vegetables and Tofu - ½ c Steamed Rice - ¼ c Succotash - ¼ c Apple Slices – 1 apple	23 Cold Cut w/CheeseΔ★ □- ½ sandwich Cut Broccoli - ¼ c Orange Wedges – ½ orange
26 Hamburger Patty with Gravy – 1 piece Mashed Potatoes - ¼ c Corn - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread - 1 slice	27 Chicken Long Rice - ½ c Carrots – ¼ c Steamed Rice - ¼ c Chilled Pears - ¼ c	28 Macaroni and Cheese □ ■ - ½ c Peas - ¼ c Yogurt - 1 yogurt Apple Slices – ½ apple Whole Wheat Bread - ½ slice	29 Kalua Pork & Cabbage - ½ c Steamed Rice – ¼ c Succotash – ¼ c Pineapple chunks – ½ c	30 Tuna Salad Sandwich★ – ½ sandwich Cheese – 1 slice□ Cut Broccoli - ¼ c 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 ■ May contain milk product.

All meals are served with 1% skim milk for 2 year olds and older. Whole Milk served to 18-24 month 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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