

SEAGULL SCHOOLS, INC.

APRIL 2018

ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Meatballs with Gravy – 10 pcs <b>Steamed Rice</b> – ½ c Corn – ½ c Fruit Cocktail – ½ c</p>	<p><b>3</b> Shoyu Chicken– ½ c <b>Steamed Rice-</b> ½ c Mixed Vegetables- ½ c Honeydew Melon - ¾ c Whole Wheat Bread- 1 slice</p>	<p><b>4</b> Tofu Hekka w/ Veggies – 1 c <b>Steamed Rice</b> – ½ c Edamame succotash – ½ c Apple Slices – ½ apple Whole Wheat Bread- 1 slice</p>	<p><b>5</b> Roast Pork- ½ c Mashed Potatoes - ½ c Carrots and Peas - ½ c Watermelon – ½ c <b>Whole Wheat Bread – 2 slices</b></p>	<p><b>6</b> <b>Chicken Breast Sandwich-</b> 1 sandwich★ Broccoli - ½ c Cheese - 2 slices□ Fresh Pineapples ¾</p>
<p><b>9</b> Portuguese Bean Soup – 1 c <b>Steamed Rice</b> - ½ c Corn- ½ c Chilled Pears – ½ c Whole Wheat Bread – 1 slice</p>	<p><b>10</b> Chicken Curry – 1 c <b>Steamed Rice-</b> ½ c Broccoli- ½ c Mandarin Oranges – ½ c Whole Wheat Bread - 1 slice</p>	<p><b>11</b> Veggie Lasagna - 1 c□ Peas - ½ c Yogurt- 1 c Honeydew Melon – ½ c <b>Whole Wheat Bread - 2 slices</b></p>	<p><b>12</b> Pork Long Rice - ½ c <b>Steamed Rice</b> - ½ c Mixed Vegetables - ½ c Cantaloupe – ½ c Whole Wheat Bread - 1 slice</p>	<p><b>13</b> <b>Tuna Salad Sandwich</b>Δ★- 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices□ Banana – 1 banana</p>
<p><b>16</b> Hamburger Patty w/ Gravy – 1 pc Mashed Potatoes- ½ c Peas and Carrots- ½ c Mandarin Oranges – ½ c <b>Whole Wheat Bread– 2 slices</b></p>	<p><b>17</b> Beef Macaroni □ - 1 c Corn- ½ c Diced Pears – ½ c <b>Whole Wheat Bread – 2 slices</b></p>	<p><b>18</b> Vegetable Soup - 1 c □ Cut Broccoli- ½ c Chilled Pineapples – ½ c <b>Taro Rolls – 2 rolls</b></p>	<p><b>19</b> Chicken Ala King – 1 c <b>Steamed Rice-</b> ½ c Succotash- ½ c Diced Pears – ½ c Whole Wheat Bread - 1 slice</p>	<p><b>20</b> <b>Cold Cut w/ Cheese Sandwich-</b> 1 sandwich □★ Cut Broccoli - ½ c Cheese - 2 slices□ Orange Wedge – ½ orange</p>
<p><b>23</b> Portuguese Bean Soup w/ Vegetables - 1 c <b>Steamed Rice</b> - ½ c Cut Green Beans - ½ c Fruit Cocktail – ½ c Whole Wheat Bread – 1 slice</p>	<p><b>24</b> Chili with Beans – 1 c <b>Steamed Rice-</b> ½ c Peas - ½ c Cantaloupe – ½ c Whole Wheat Bread- 1 slice</p>	<p><b>25</b> Macaroni and Cheese□ - 1 c Cut Broccoli – ½ c Yogurt – 1 yogurt Honey Dew Melon - ½ c <b>Whole Wheat Bread – 2 slices</b></p>	<p><b>26</b> Kalua Pork &amp; Cabbage- 1 c <b>Steamed Rice-</b> ½ c Succotash- ½ c Mandarin Oranges– ½ c Whole Wheat Bread - 1 slice</p>	<p><b>27</b> <b>Egg Salad Sandwich</b> Δ★ - 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices□ Orange Wedges – ½ orange</p>
<p><b>30</b> Teriyaki Meatballs - 10 pieces Δ <b>Steamed Rice</b> - ½ c Corn - ½ c Mandarin Oranges – ½ c Whole Wheat Bread- 1 slice</p>				

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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