

SEAGULL SCHOOLS, INC.
APRIL 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatballs with Gravy – 5 pcs Steamed Rice – ¼ c Corn – ¼ c Fruit Cocktail – ¼ c	3 Shoyu Chicken– ¼ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Chilled Pears - ¼ c	4 Tofu Hekka w/ Veggies – ½ c Steamed Rice - ¼ c Edamame succotash - ¼ c Apple Slices – ½ apple	5 Roast Pork- ¼ c Mashed Potatoes - ¼ c Carrots and Peas - ¼ c Applesauce- ¼ c Whole Wheat Bread – 1 slice	6 Chicken Salad Breast★ Sandwich- ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice□ Banana – ½ banana
9 Portuguese Bean Soup – ½ c Steamed Rice- ¼ cup Corn- ¼ cup Chilled Pears – ¼ c	10 Chicken Curry – ½ c Steamed Rice - ¼ c Broccoli - ¼ c Mandarin Oranges – ¼ c	11 VEGGIE Lasagna - ½ cup□ Peas- ¼ cup Yogurt- ½ cup Pineapple Chunks - ¼ cup Whole Wheat Bread – 1 slice	12 Pork Long Rice – ½ c Steamed Rice- ¼ c Mixed Vegetables - ¼ c Diced Pears - ¼ c	13 Tuna Sandwich★ - ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice□ Banana – ½ banana
16 Hamburger Patty w/ Gravy – 1 pc Mashed Potatoes – ¼ c Peas and Carrots – ¼ c Mandarin Oranges – ¼ c Whole Wheat Bread – 1 slice	17 Beef Macaroni – ½ c Corn- ¼ Diced Pears – ¼ c Whole Wheat Bread – 1 slice	18 Vegetable Soup – ½ c □ Broccoli – ¼ c Apple Slices – ½ apple Taro Roll – 1	19 Chicken Ala King - ½ c Steamed Rice- ¼ c Succotash- ¼ c Diced Pears – ¼ c	20 Cold Cut w/Cheese □ ★Sandwich - ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice □ Orange Wedge – ½ orange
23 Portuguese Bean Soup w/vegetables - ½ c Steamed Rice - ¼ c Cut Green Beans - ¼ c Fruit Cocktail - ¼ c	24 Chili with Beans – ½ c □ Steamed Rice- ¼ c Peas- ¼ c Pineapple Chunks - ¼ c	25 Macaroni & Cheese - ½ cup□ Cut Broccoli - ¼ c Yogurt- ½ cup Apple Wedges- ½ apple Whole Wheat Bread – 1 slice	26 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Succotash - ¼ c Mandarin Oranges – ¼ c	27 Egg Salad Sandwich - ½ sandwichΔ★ Cut Broccoli - ¼ c Cheese – 1 slice□ Orange Wedge - ½ orange
30 Teriyaki Meatballs Δ – 5 pcs Mashed Potatoes - ¼ c Peas & Carrots - ¼ c Mandarin Oranges – ¼ c Whole Wheat Bread – 1 slice				

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 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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