

SEAGULL SCHOOLS, INC.
AUGUST 2018 ADC BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: Hard boiled Egg Δ – 2 Eggs , Pineapples – ½ c, Whole Wheat Bread – 1 slice, & Milk- 1 c Snack: Cornbread – 2 pcs, and Apple Slices – 1 apple	2 Breakfast: Cereal – 1 ½ c, Bananas – 1 banana, and Milk- 1 c Snack: Club House Cracker- 10 pcs & Watermelon – ½ c	3 Breakfast: Cereal – 1 ½ c, Apple Slices - 1 apple, and Milk- 1 c Snack: Ritz Crackers – 8 pcs & Chilled Peaches – ½ c
6 Breakfast: Waffles - 2 pieces, Chilled Pineapples – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs & Cantaloupe – ½ c	7 Breakfast: Cereal – 1 ½ c., Banana – 1 banana, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Applesauce – ½ c	8 Breakfast: Corn Bread - 2 pcs, Chilled Peaches – ½ c and Milk- 1c Snack: Graham Crackers – 8 pcs, and Watermelon – ½ c	9 Breakfast: Cereal –1 ½ c Banana – 1 banana, & Milk- 1 c Snack: Ritz Cracker - 8 pcs & Apple Slices – 1 apple	10 Breakfast: Cereal –1 ½ c, Chilled Peaches– ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs & Honey Dew Melon – ½ c
13 Breakfast: Sweet Bread 2 - pcs, Chilled Peaches – ½ c, and Milk- 1 c Snack: Clubhouse Cracker – 10 pcs and Pineapples – ½ c	14 Breakfast: Cereal – 1 ½ c, Banana – 1, and Milk- 1 c Snack: Graham Crackers – 8 pcs & Chilled Peaches – ¾ c	15 Breakfast: Cereal – 1 ½ c, Chilled Pineapples – ½ c, Milk – ¾ c Snack: Ritz Cracker- 8 pcs & Watermelon – ½ c	16 Breakfast: Cereal –1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs, Orange Wedges – 1 orange	17 CLOSED ADMISSIONS DAY Holiday Observed
20 Breakfast: Waffles – 2 pcs, Chilled Peaches – ½ c and Milk- 1 c Snack: Ritz Cracker-8 pcs & Apple Slices – 1 apple	21 Breakfast: Cereal –1 ½ c, Orange Wedges – 1 orange, and Milk- 1 c Snack: Graham Crackers – 8 pcs and Watermelon – ½ c	22 Breakfast: Pumpkin Bread - 2 pcs., Banana – 1 banana, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, & Honey Dew Melon – ½ c	23 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs, & Chilled Peaches – ½ c	24 Breakfast: Cereal –1 ½ c, Apple Slices – 1 apple & Milk- 1 c Snack: Club House Cracker- 10 pcs and Cantaloupe – ½ c
27 Breakfast: Waffles - 2 pieces, Chilled Pineapples – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs & Cantaloupe – ½ c	28 Breakfast: Cereal – 1 ½ c, Apple wedges – 1 apple, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, and Banana – 1 banana	29 Breakfast: Hard boiled Egg Δ – 2 Eggs , Banana - 1, Whole Wheat Bread – 1 slice & Milk- 1 c Snack: Ritz Crackers – 8 pcs & Pineapples – ½ c	30 Breakfast: Cereal – 1 ½ c, Orange Wedges – 1 orange, and Milk- 1 c Snack: Club House Crackers- 10 pcs & Applesauce – ½ c	31 Breakfast: Cereal – 1 ½ c, Apple Slices - 1 , and Milk- 1 c Snack: Graham Crackers – 8 pcs, & Watermelon – ½ c

Δ May contain egg product. □ May contain cheese *May contain mayonnaise.

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

Seagull Schools reserves the right to change meals at any time

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