

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

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