

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Breast Sandwich- ½ sandwich★ Cheese – 1 slice □ Tossed Green Salad w/ Dressing – ¼ c Apple – 1 apple
4 CLOSED LABOR DAY Holiday	5 Hamburger Patty w/ gravy – ½ patty Mashed Potatoes- ¼ c Corn - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	6 Macaroni & Cheese - ½ c □ Yogurt – 1 yogurt Peas - ¼ c Whole Wheat Bread– ½ slice Banana – ½ banana	7 Portuguese Bean Soup w/ vegetables - ½ c Steamed Rice- ¼ c Cut Green Beans- ¼ c Apples – ½ apple	8 Tuna Sandwich - ½ sandwich★ Cut Broccoli – ¼ c Cheese – 1 slice □ Chilled Pears - ¼ c
11 Meatball Sub = 5 meatballs + 1 Bun Mixed Vegetables - ¼ c Fruit Cocktail - ¼ c	12 Chicken Vegetable Stew – ½ c Steamed Rice - ¼ c Corn - ¼ c Mandarin Oranges - ¼ c	13 Vegetable Lasagna□ - ½ c Peas - ¼ c Yogurt – 1 yogurt Chilled Pears – ¼ c Whole Wheat Bread - ½ slice	14 Kalua Pork and Cabbage – ½ c Steamed Rice – ¼ c Succotash – ¼ c Mandarin Oranges – ¼ c	15 Cold Cut Sandwich - ½ sandwich★ Cut Broccoli - ¼ c Cheese – 1 slice□ Orange Wedge – ½ orange
18 Chicken Long Rice – ½ c Steamed Rice – ¼ c Peas and Carrots – ½ c Chilled Pears – ¼ c	19 Spaghetti w/ Meat Sauce – ½ c Cut Green Beans – ¼ c Chilled Pears – ¼ c Whole Wheat Bread – ½ slice	20 Veggie Tofu Chili □- ½ c Steamed Rice - ¼ c Corn - ¼ c Banana – ½ banana Whole Wheat Bread– ½ slice	21 Roast Pork – ¼ c Mashed Potatoes – ¼ c Corn – ½ c Pineapples – ¼ c Whole Wheat Bread – 1 slice	22 Egg Salad Sandwich - ½ sandwich Δ★ Cheese -1 slice□ Cut Broccoli – ¼ c Orange Wedges - ½ orange
25 Teriyaki Meatballs – 5 meatballs Steamed Rice - ¼ cup Corn - ¼ cup Fruit Cocktail – ¼ c	26 Beef Macaroni □ – ½ c Cut Green Beans - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – ½ slice	27 Vegetable Soup – ½ c Yogurt – 1 yogurt Peas – ¼ c Apple Slices – ½ apple Taro Roll – 1 roll	28 Beef Stew w/ vegetables - ½ c Steamed Rice- ¼ c Cut Spinach - ¼ c Fruit Cocktail – ½ c	29 Tuna Sandwich – ½ sandwich★ Cut Broccoli – ¼ c Cheese – 1 slice □ Apple Slices – ½ apple

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 old and older. Whole Milk is 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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