

Seagull Schools, Inc.
JANUARY 2018 ADC Breakfast and Snack MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED New Year's Day Holiday	2 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs, & Watermelon – ½ c	3 Breakfast: Pork Patty – 2 patties, Whole Wheat Bread – 1 slice, Applesauce - ½ c, & Milk- 1 c Snack: Graham Crackers – 8 pcs, & Mandarin Oranges – ½ c	4 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c, and Milk- 1 c Snack: Ritz crackers – 8 pcs and Chilled Peaches – ½ c	5 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Club House Cracker- 10 pcs & Cantaloupe – ½ c
8 Breakfast: Egg – 2 Eggs Δ Applesauce – ½ c Bread – 1 slice, and Milk- 1 c Snack: Clubhouse Cracker – 10 pcs and Watermelon – ½ c	9 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c & Milk- 1 c Snack: Ritz crackers – 8 pcs and Honey Dew melon – ½ c	10 Breakfast: Blueberry Bagels – 2 pieces, Pineapple Chunks -½ c, & Milk- 1 c Snack: Graham Crackers - 8 pcs and Diced Pears – ½ c	11 Breakfast: Cereal – 1 ½ c, Fruit Cocktail – ½ c, and Milk- 1 c Snack: Cornbread – 2 pcs and Chilled Peaches – ½ c	12 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Pineapples – ½ c
15 CLOSED Martin Luther King Jr. Day Holiday	16 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, & Milk- 1 c Snack: Club House Cracker- 10 crackers and Chilled Peaches – ½ c	17 Breakfast: Waffles - 2 waffles, Fruit Cocktail – ½ c & Milk- 1 c Snack: Ritz Crackers – 8 pcs and Cantaloupe – ½ c	18 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Graham Cracker – 8 pcs, & Honeydew Melon – ½ c	19 Breakfast: Cereal – ¾ c, Fruit Cocktail – ½ c, & Milk- 1 c Snack: Cold Cuts w/ Bread – 2 pcs cold cuts & 1 pc bread
22 Breakfast: French Toast - 4 sticks, Diced Pears – ½ c and Milk- 1 c Snack: Ritz crackers – 8 pcs & Cantaloupe – ½ c	23 Breakfast: Cereal – 1 ½ c, Banana – 1 banana, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Pineapples – ½ c	24 Breakfast: Honey Oat Bread - 2 pieces, Chilled Peaches – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs and Diced Pears – ½ c	25 Breakfast: Cereal – 1 ½ c, Banana – 1 banana and Milk- 1 c Snack: Graham Cracker – 8 pcs & Applesauce – ½ c	26 Breakfast: Cereal – 1 ½ c, Fruit Cocktail – ½ c and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs & Watermelon – ½ c
29 Breakfast: Pancakes – 2 pancakes, Diced Pears – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs & Applesauce – ½ c	30 Breakfast: Cereal – 1 ½ c, Fruit Cocktail – ½ c, & Milk- 1 c Snack: Ritz crackers – 8 pcs and Watermelon – ½ c	31 Breakfast: Waffles - 2 pieces, Applesauce – ½ c, and Milk- 1 c Snack: Cornbread – 2 pcs, Chilled Peaches – ½ c		

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults 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 toddlers 18-24 months.

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

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider & employer.