

SEAGULL SCHOOLS, INC.
APRIL 2019 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Curry - 1 c Steamed Rice- ½ c Apple Slices – ½ apple Whole Wheat Bread - 1 slice Corn – ½ c	2 Meatballs w/ Gravy - 10 pcs Δ Steamed Rice - ½ c Pineapple Chunks – ½ c Whole Wheat Bread- 1 slice Mixed Vegetables – ½ c	3 Beef Lasagna – 1 c Steamed Rice - ½ c Whole Wheat Bread- 1 slice Peas and Carrots – ½ c Chilled Peaches – ½ c	4 Roast Pork- ½ c Steamed Rice - ½ c Edamame Succotash - ½ c Applesauce – ½ c Whole Wheat Bread- 1 slices	5 Chicken Salad Sandwich - 1 sandwich *Δ Cut Broccoli - ½ c Cheese - 2 slices □ Orange Wedges – ½ orange
8 Hamburger Stew – 1 c Steamed Rice- ½ c Corn - ½ c Chilled Peaches – ½ c Whole Wheat Bread- 1 slice	9 Shoyu Chicken – ½ c Steamed Rice - ½ c Whole Wheat Bread- 1 slice Peas and Carrots – ½ c Apple Slices – ½ apple	10 Turkey Crisp □ – 1 c Steamed Rice – ½ c Diced Carrots – ½ c Pineapple Chunks – ½ c Whole Wheat Bread – 1 slice	11 Beef Macaroni w/ meat sauce & Cheese - 1 c □ Peas – ½ c Diced Pears – ½ c Whole Wheat Bread- 2 slices	12 Egg Salad Sandwich - 1 sandwich * Cut Broccoli - ½ c Cheese - 2 slices □ Peaches – ½ c
15 Hamburger Curry – 1 c Steamed Rice – ½ c Corn – ½ c Pineapple Chunks – ½ c Whole Wheat Bread – 1 slice	16 Chicken Long Rice - 1 c Steamed Rice- ½ c Succotash - ½ c Diced Pears – ½ c Whole Wheat Bread- 1 slice	17 Chili - 1 c Steamed Rice- ½ c Green Beans - ½ c Apple Slices – ½ apple Whole Wheat Bread– 1 slice	18 Tuna Salad Sandwich - 1 sandwich * Cut Broccoli - ½ c Cheese - 2 slices □ Banana – ½ banana	19 CLOSED GOOD FRIDAY HOLIDAY
22 Chicken a la King – 1 c Steamed Rice- ½ c Diced Carrots – ½ c Apple Slices – ½ apple Whole Wheat Bread- 1 slice	23 Spaghetti with meat sauce- 1 c □ Peas - ½ c Chilled Peaches – ½ c Whole Wheat Bread- 2 slices	24 Tofu Hekka with Veggies – 1 c Steamed Rice – ½ c Cut Broccoli - ½ c Whole Wheat Bread – 1 slice Pineapple Chunks – ½ c	25 Kalua Pork & Cabbage- 1 c Steamed Rice- ½ c Succotash- ½ c Pineapple Chunks – ½ Whole Wheat Bread - 1 slice	26 Ham Cold Cut Sandwich* - 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices □ Orange Wedges – ½ orange
29 Portuguese Bean Soup w/ vegetables - 1 c Steamed Rice- ½ c Cut Green Beans- ½ c Pineapple Chunks – ½ c Whole Wheat Bread - 1 slice	30 Hamburger Curry – 1 c Steamed Rice- ½ c Corn - ½ c Chilled Peaches – ½ c Whole Wheat Bread- 1 slice			

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults Δ May contain egg product. □ May contain cheese. *May contain mayonnaise.

Items in **bold** indicate daily required serving of a whole grain component.

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

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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