

SEAGULL SCHOOLS, INC.  
NOVEMBER 2017 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Macaroni and Cheese <input type="checkbox"/> - ½ c Yogurt – 1 yogurt Peas - ¼ c Diced Pears – ¼ c <b>Whole Wheat Bread – 1 slice</b>	2 Kalua Pork & Cabbage – ½ c <b>Steamed Rice- ¼ c</b> Mix Vegetables - ¼ c Chilled Peaches- ¼ c	3 <b>Tuna Salad Sandwich- ½ sandwich*</b> Cut Broccoli - ¼ c Cheese-1 slice <input type="checkbox"/> Banana – ½ banana
6 Spaghetti w/ Meat Sauce <input type="checkbox"/> – ½ c Peas – ¼ c Mandarin Oranges - ¼ c <b>Whole Wheat Bread- 1 slice</b>	7 Chicken Curry - ½ c <b>Steamed Rice- ¼ c</b> Cut Green Beans - ¼ c Chilled Peaches – ¼ c	8 Vegetable Soup- ½ c Yogurt – 1 yogurt Peas and Carrots -¼ c Pineapple Chunks - ¼ c <b>Taro Roll – 1 pc</b>	9 <b>Cold Cut Sandwich- ½ sandwich*</b> Cheese – 1 slice <input type="checkbox"/> Cut Broccoli – ¼ c Orange wedges – ½ orange	10 <b>CLOSED VETERAN'S DAY HOLIDAY OBSERVED</b>
13 Hamburger Patty w/ gravy – 1 pc Mashed Potato - ¼ c Cut Green Beans - ¼ c Apple Slices – ½ apple <b>Whole Wheat Bread – 1 slice</b>	14 Chicken Long Rice - ½ c <b>Steamed Rice - ¼ c</b> Succotash - ¼ c Mandarin Oranges – ¼ c	15 Vegetable Lasagna <input type="checkbox"/> - ½ c Yogurt – 1 yogurt Peas - ¼ c Banana – ½ banana <b>Whole Wheat Bread – 1 slice</b>	16 Portuguese Bean Soup – ½ c <b>Steamed Rice- ¼ c</b> Cut Green Beans- ¼ c Chilled Peaches – ¼ c	17 <b>Chicken Breast Salad Sandwich – ½ sandwich*</b> Cheese – 1 slice <input type="checkbox"/> Cut Broccoli – ¼ c Orange Wedges – ½ orange
20 Meatballs w/ gravy – 5 meatballs <b>Steamed Rice- ¼ c</b> Corn- ¼ c Chilled Peaches – ¼ c	21 Turkey with Gravy – 1 slice <b>Whole Wheat Stuffing – ¼ c</b> Mashed Potato – ¼ c Cut Green Beans – ¼ c Apple Slices – ½ apple Cranberry Sauce – 1 pc. Pumpkin Bread – 1 pc.	22 <b>Egg Salad Sandwich -½ sandwich Δ*</b> Cheese-1 slice <input type="checkbox"/> Cut Broccoli – ¼ c Orange Wedges – ½ orange	23 <b>CLOSED Thanksgiving Holiday OBSERVED</b>	24 <b>CLOSED STAFF IN-SERVICE TRAINING</b>
27 Hamburger Stew w/veg. - ½ c <b>Steamed Rice- ¼ c</b> Corn- ¼ c Chilled Pineapples – ¼ c	28 Chicken Ala King- ½ c <b>Steamed Rice – ¼ c</b> Broccoli – ¼ c Mandarin Oranges – ¼ c	29 Tofu & Veggie Hekka <input type="checkbox"/> – ½ c <b>Steamed Rice – ¼ c</b> Edamame Succotash – ¼ c Chilled Peaches – ¼ c	30 Roast Pork - ½ c <b>Steamed Rice - ¼ c</b> Peas - ¼ c Fruit Cocktail – ¼ c	1 <b>Tuna Salad Sandwich- ½ sandwich*</b> Cut Broccoli - ¼ c Cheese-1 slice <input type="checkbox"/> Banana – ½ banana

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

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 reserves the right to change meals at any time

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