

SEAGULL SCHOOLS, INC.
NOVEMBER 2017 PRESCHOOL BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: Cereal – 1/3 c, Banana – 1 banana, & Milk- ¾ c	2 Breakfast: Waffles 1 pc, Chilled Peaches – ½ c, and milk – ¾ c	3 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, & Milk- ¾ c
		Snack: Ritz Cracker- 4 cracker and Grape Juice – ½ c	Snack: Club House Cracker-5 crackers & Banana- 1 banana	Snack: Graham Crackers- 4 pcs & Apple Juice – ½ c
6 Breakfast: Cereal – 1/3 c, Apple Slices- 1 apple, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, Chilled Peaches – ½ c	7 Breakfast: Hard boiled Egg-1, Bread – 1 pc, Blueberry Bagel – 1 piece, Chilled Pears - ½ c, and Milk- ¾ c Snack: Clubhouse crackers -5 cracker and Grape Juice- ½ c	8 Breakfast: Cereal – 1/3 c, Banana - 1, and Milk- ¾ c Snack: Cornbread – 1 pc and Mandarin Orange – ½ c	9 Breakfast: Blueberry Bagel – 1 pc, Hard-boiled Egg – 1, Chilled Peaches – ½ c, Bread – 1 pc, & Milk- ¾ c Snack: Ritz Cracker -5 pcs & Apple Juice – ½ c	10 CLOSED VETERAN'S DAY Holiday Observed
13 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Gold Fish Cracker-19 cracker & Apple Juice – ½ c	14 Breakfast: Pancakes-1 pancakes, Fruit Cocktail – ½ c, and Milk- ¾ c Snack: Graham Crackers – 4 pcs & Chilled Peaches – ½ c	15 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Clubhouse Cracker – 5 pc & Mandarin Orange – ½ c	16 Breakfast: Pork Patty – 1, Bread – 1 pc, Chilled Pears – ½ c, & Milk – ¾ c Snack: Ritz Cracker-5 crackers & Fruit Cocktail – ½ c	17 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Cheese Its Crackers – 10 pcs and Grape Juice- ½
20 Breakfast: Cereal – 1/3 c, Apple Slices – 1 apple , and Milk- ¾ c Snack: Ritz Cracker -5 pcs & Mandarin Oranges – ½ c	21 Breakfast: French Toast- 2 sticks, Diced Pears – ½ c and Milk- ¾ c Snack: Goldfish Crackers – 19 pcs, & Apple Juice – ½ c	22 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs & Grape Juice – ½ c	23 CLOSED Thanksgiving Holiday Observed	24 CLOSED STAFF IN-SERVICE TRAINING
27 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Ritz Cracker -5 pcs & Mandarin Oranges – ½ c	28 Breakfast: Waffles 1 pc, Fruit Cocktail – ½ c, and milk – ¾ c Snack: Clubhouse Crackers – 5 pcs & Apple Juice – ½ c	29 Breakfast: Cereal – 1/3 c, Apple Slices- 1 apple, and Milk- ¾ c Snack: Graham Cracker- 5 pcs & Pineapple Chunks – ½ c	30 Breakfast: Egg – 1 Egg, Chilled Banana – 1 banana, Bread – 1 pc and Milk- ¾ c Snack: Cold Cut Slice w/ Bread – 1 cold cut and 1 slice bread	1 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Goldfish Cracker – 19 pcs and Grape Juice – ½ c

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds

SERVINGS FOR FLUIDS = ¾ C Milk or ½ C 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 yrs 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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