

SEAGULL SCHOOLS, INC.
MAY 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/30 Meatballs & Brown Gravy – 5 pcs Steamed Rice - ¼ c Corn – ¼ c Fruit Cocktail - ¼ c	1 Spaghetti - ½ c Peas and Carrots - ¼ cup Banana – 1 banana Whole Wheat Bread – 1 slice	2 Tofu Hekka with veggies- ½ cup □ Steamed Rice – ¼ c Edamame Succotash - ¼ c Pineapple Chunks- ¼ c	3 Chicken & Vegetable Stew – ½ c Steamed Rice – ¼ c Peas – ¼ c Mandarin Oranges – ½ c	4 Tuna Sandwich- ½ sandwich ★△ Cut Broccoli - ¼ c Cheese-1 slice □ Banana – ½ banana
7 Hamburger Patty w/Gravy 1pc Mashed Potatoes- ¼ c Corn - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	8 Beef Macaroni - ½ c Peas - ¼ c Mandarin Oranges – ¼ c Whole Wheat Bread - 1 slice	9 Vegetable Soup - ½ c Yogurt – 1 yogurt Taro Roll – 1 pc Cut Green Beans - ¼ c Orange Wedges – ½ orange	10 Turkey Crisp – ¼ c Steamed Rice – ¼ c Mixed Vegetables – ¼ c Diced Pears – ¼ c	11 Chicken Breast Sandwich - ½ sandwich★ Cheese-1 slice □ Cut Broccoli - ¼ c★ Apple Slices – ½ apple
14 Portuguese Bean Soup – ½ c Steamed Rice – ¼ cup Cut Green Beans – ¼ c Pineapple Chunks – ¼ c	15 Shoyu Chicken– ¼ c Steamed Rice – ¼ c Succotash – ¼ c Banana – ½ banana	16 Macaroni and Cheese □ - ½ c Yogurt – 1 yogurt Peas - ¼ c Apples – ½ apple Whole Wheat Bread – 1 slice	17 Chicken A la King – ½ c Steamed Rice – ¼ c Mixed Vegetables – ¼ c Fruit Cocktail – ¼ c	18 Cold Cut Sandwich- ½ sandwich★ Cheese-1 slice □ Cut Broccoli - ¼ c Orange Wedge – ½ orange
21 Teriyaki Meatballs – 5 pieces Steamed Rice- ¼ c Cut Green Beans - ¼ c Chilled Peaches – ¼ c	22 Chicken Curry – ½ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Apple Slices ½ apple	23 Veggie Lasagna - 1 c □ Peas - ½ c Yogurt- 1 yogurt Fruit Cocktail – ¼ c Whole Wheat Bread - 1 slices	24 Chili – ½ c Steamed Rice- ¼ c Succotash- ¼ c Pineapple Chunks- ¼ c	25 Egg Salad Sandwich - ½ sandwich★ Cut Broccoli - ¼ c Cheese-1 slice □ Banana – ½ banana
28 CLOSED Memorial Day HOLIDAY	29 Chicken Long Rice - ½ c Steamed Rice- ¼ c Succotash - ¼ c Chilled Peaches - ¼ c	30 Tofu Hekka with veggies- ½ cup □ Steamed Rice – ¼ c Corn - ¼ c Banana – ½ banana	31 Roast Pork with Gravy – ¼ c Mashed Potatoes- ¼ c Peas and Carrots - ¼ cup Pineapple Chunks – ¼ c Whole Wheat Bread – 1 slice	6/1 Chicken Breast 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

△ May contain egg product. □ May contain cheese. ★ May contain mayonnaise. ■ May contain dairy product.

All meals are served with 1% skim milk for 2 year olds and older. Whole milk is served to toddlers aged 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

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