

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults	Δ May contain egg product. □ May contain cheese. ★ May contain mayonnaise.			<b>1</b> <b>Breakfast:</b> Cereal – ¾ c, Chilled Peaches – ½ c, and Milk- 1 c <b>Snack:</b> Nilla Wafers – 8 wafers and Cantaloupe – ½ c
<b>4</b> <b>CLOSED</b> <b>LABOR DAY</b> <b>HOLIDAY</b>	<b>5</b> <b>Breakfast:</b> Cereal – 1 ½ c, Chilled Pears – ½ c, & Milk- 1 c <b>Snack:</b> Goldfish Crackers – 37 pcs & Honeydew Melon – ½ c	<b>6</b> <b>Breakfast:</b> Blueberry Bagel – 1 piece, Fresh Pineapple – ½ c, & Milk- 1 c <b>Snack:</b> Graham Cracker – 8 pcs & Apple Slices – 1 apple	<b>7</b> <b>Breakfast:</b> Cereal – 1 ½ c, Orange Wedges - 1 orange & Milk- 1 c <b>Snack:</b> Ritz Crackers – 8 pcs & Watermelon – ½ c	<b>8</b> <b>Breakfast:</b> Cereal 1 ½ c, Apple Wedges – 1 apple, & Milk- 1 c <b>Snack:</b> Clubhouse Crackers – 10 pcs & Peaches – ½ c
<b>11</b> <b>Breakfast:</b> Pork Patty – 2 patties, Applesauce – ½ c, Whole Wheat Bread– 1 slice, & Milk - 1 c <b>Snack:</b> Cheese-Its 19 pcs & Apple Slices – 1 apple	<b>12</b> <b>Breakfast:</b> Cereal – 1 ½ c, Chilled Peaches- ½ c, & Milk- 1 c <b>Snack:</b> Cornbread- 2 pcs & Fruit Cocktail – ½ c	<b>13</b> <b>Breakfast:</b> Honey Oat Bread - 2 pcs, Orange Wedge- 1 orange, & Milk- 1 c <b>Snack:</b> Ritz Cracker - 10 pcs & Honeydew Melon – ½ c	<b>14</b> <b>Breakfast:</b> Cereal – 1 ½ c, Chilled Pears – ½ c, & Milk- 1 c <b>Snack:</b> Goldfish Crackers – 37 pcs & Banana – 1 banana	<b>15</b> <b>Breakfast:</b> Cereal – 1 ½ c, Apple – 1 apple & Milk- 1 c <b>Snack:</b> Graham Crackers – 8 pcs – 1 slice & Cantaloupe – ½ c
<b>18</b> <b>Breakfast:</b> Egg – 2 Eggs Δ Chilled Peaches – ½ c, Whole Wheat Bread – 1 slice, & Milk- 1 c <b>Snack:</b> Ritz Cracker- 8 pcs & Watermelon – ½ c	<b>19</b> <b>Breakfast:</b> Cereal – 1 ½ c, Orange Wedges – 1 orange & Milk- 1 c <b>Snack:</b> Goldfish Crackers – 37 pcs & Apple Slices – 1 apple	<b>20</b> <b>Breakfast:</b> Waffles - 2 waffles, Banana- 1 banana, & Milk- 1 c <b>Snack:</b> Clubhouse Crackers – 10 pcs & Watermelon – ½ c	<b>21</b> <b>Breakfast:</b> Cereal – 1 ½ c, Applesauce – ½ c, & Milk- 1 c <b>Snack:</b> Graham Crackers – 8 pc & Orange Wedges – 1 orange	<b>22</b> <b>Breakfast:</b> Cereal – 1 ½ c, Apple – 1 apple, & Milk- 1 c <b>Snack:</b> Cheese Its – 19 pcs, & Banana – 1 banana
<b>25</b> <b>Breakfast:</b> French Toast - 4 sticks, Diced Peaches – ½ c and Milk- 1 c <b>Snack:</b> Goldfish Crackers – 37 crackers & Watermelon – ½ c	<b>26</b> <b>Breakfast:</b> Cereal – 1 ½ c, Chilled Pears – ½ c, & Milk- 1 c <b>Snack:</b> Cold Cuts – 2 slices, & Whole Wheat Bread – 1 slice	<b>27</b> <b>Breakfast:</b> Corn Bread - 2 piece, Orange Wedge- 1 orange, & Milk- 1 c <b>Snack:</b> Graham Crackers – 8 pcs & Banana – 1 banana	<b>28</b> <b>Breakfast:</b> Cereal – 1 ½ c, Chilled Peaches- ½ c, & Milk- 1 c <b>Snack:</b> Clubhouse Crackers – 10 pcs Honeydew Melon – ½ c	<b>29</b> <b>Breakfast:</b> Cereal – 1 ½ c, Fresh Pineapples – ½ c, & Milk- 1 c <b>Snack:</b> Ritz Crackers – 8 pcs & Banana – 1 banana

All meals are served with 1% skim milk for 2 yr olds and older. Whole Milk is served to toddlers 18-24 months olds.

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, 14<sup>th</sup> & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider & employer.

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