

SEAGULL SCHOOLS, INC.
JANUARY 2018 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED New Year's Day Holiday	2 Chicken Long Rice - 1 c Steamed Rice- ½ c Succotash - ½ c Cantaloupe – ½ c Whole Wheat Bread- 1 slice	3 Veggie Lasagna - 1 c □ Yogurt – 1 c Carrots and Peas - ½ c Chilled Peaches – ½ c Whole Wheat Bread - 2 slices	4 Beef Stew w/ Vegetables – 1 c Steamed Rice - ½ c Corn - ½ c Orange Wedges – ½ orange Whole Wheat Bread - 1 slice	5 Egg Salad Sandwich - 1 sandwich ★Δ Cut Broccoli - ½ c Cheese - 2 slices □ Banana – ½ banana
8 Hamburger Patty w/ gravy - 1 piece Mashed Potatoes - ½ c Corn – ½ c Diced Pears – ½ c Whole Wheat Bread - 2 slices	9 Chicken Curry - 1 c Steamed Rice- ½ c Mixed Vegetables - ½ c Fruit Cocktail – ½ c Whole Wheat Bread - 1 slice	10 Tofu Hekka with Veggies – 1 c Steamed Rice – ½ c Cut Broccoli - ½ c Whole Wheat Bread – 1 slice Banana – ½ banana	11 Beef Macaroni w/ meat sauce & Cheese - 1 c □ Peas – ½ c Mandarin Oranges – ½ c Whole Wheat Bread- 2 slices	12 Chicken Salad Sandwich - 1 sandwich ★ Cut Broccoli - ½ c Cheese - 2 slices □ Orange Wedges – ½ orange
15 CLOSED Martin Luther King Jr. Day Holiday	16 Teriyaki Meatballs - 10 pieces Δ Steamed Rice - ½ c Corn - ½ c Mandarin Oranges – ½ c Whole Wheat Bread- 1 slice	17 Macaroni and Cheese - 1 c □ Yogurt – 1 c Peas - ½ c Apple Slices – ½ apple Whole Wheat Bread– 2 slices	18 Roast Pork- ½ c Mashed Potatoes - ½ c Edamame Succotash - ½ c Watermelon – ½ c Whole Wheat Bread- 2 slices	19 Tuna Salad Sandwich - 1 sandwich ★ Cut Broccoli - ½ c Cheese - 2 slice □ Banana – ½ banana
22 Spaghetti with meat sauce- 1 c □ Peas - ½ c Chilled Peaches – ½ c Whole Wheat Bread- 2 slices	23 Chicken a la King – 1 c Steamed Rice- ½ c Diced Carrots – ½ c HoneyDew Melon – ½ c Whole Wheat Bread- 1 slice	24 Vegetable Soup – 1 c Yogurt – 1 c Broccoli - ½ c Pineapple Chunks – ½ c Taro Rolls – 2 pcs	25 Kalua Pork & Cabbage- 1 c Steamed Rice- ½ c Succotash- ½ c Mandarin Oranges – ½ c Whole Wheat Bread - 1 slice	26 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 Mandarin Oranges – ½ c Whole Wheat Bread - 1 slice	30 Hamburger Curry – 1 c Steamed Rice- ½ c Succotash- ½ c Chilled Peaches – ½ c Whole Wheat Bread- 1 slice	31 Veggie Lasagna - 1 c □ Yogurt – 1 c Peas - ½ c Diced Pears – ½ c Whole Wheat Bread - 2 slices		

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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