

SEAGULL SCHOOLS, INC.
MAY 2019 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Crisp □★ - ½ c Steamed Rice - ¼ c Peas - ¼ c Chilled Peaches - ¼ c	2 Hamburger Stew - ½ c Steamed Rice - ¼ c Succotash - ¼ c Sliced Apples - ½ apple	3 Chicken Salad Sandwich - ½ sandwich★ Cut Broccoli - ¼ c Cheese -1 slice □ Pineapple Chunks - ¼ c
6 Chili - ½ c Steamed Rice - ¼ c Corn - ¼ c Apple Slices - ½ apple	7 Chicken Long Rice - ½ c Steamed Rice - ¼ c Mixed Vegetables- ¼ c Chilled Peaches- ¼ c	8 Hamburger Patty w/ Gravy - 1 pc Mashed Potato - ¼ c Green Beans -¼ c Apple Slices - ½ apple Whole Wheat Bread - 1 slice	9 Hamburger Curry - ½ c Steamed Rice - ¼ c Succotash - ¼ c Chilled Pineapples - ¼ c	10 Cold Cut Sandwich - ½ sandwich★ Cheese - 1 slice □ Cut Broccoli - ¼ c Orange wedge - ½ orange
13 Beef Macaroni □ -½ c Peas - ¼ c Applesauce- ¼ c Whole Wheat Bread - ½ slice	14 Chicken Ala King ♦ - ½ c Steamed Rice - ¼ c Corn - ¼ c Pineapple Chunks - ¼ c	15 Shoyu Chicken - ½ c Steamed Rice - ¼ c Diced Carrot - ¼ c Chilled Peaches - ¼ c	16 Kalua Pork & Cabbage- ½ c Steamed Rice - ¼ c Succotash- ¼ c Chilled Pears - ¼ c	17 Egg Salad Sandwich - ½ sandwich★ Cheese - 1 slice □ Cut Broccoli - ¼ c Banana - ½ banana
20 Portuguese Bean Soup - ½ c Steamed Rice - ¼ c Cut Green Beans- ¼ c Apple Slices - 1 apple	21 Spaghetti w/ Meat Sauce □ - ½ c Peas - ¼ c Diced Pears - ¼ c Whole Wheat Bread - 1 slice	22 Tofu Hekka w/Vegetables - ½ c Steamed Rice - ¼ c Cut Broccoli - ¼ c Chilled Peaches - ¼ c	23 Chicken Stew - ½ c Steamed Rice - ¼ c Corn - ¼ c Chilled Pineapples - ½ c	24 Chicken Salad Sandwich - ½ sandwich★ Cut Broccoli - ¼ c Cheese -1 slice □ Chilled Peaches - ¼ c
27 CLOSED MEMORIAL DAY Holiday Observed	28 Chicken Curry - ½ c Steamed Rice - ¼ c Diced Carrots - ¼ c Chilled Peaches - ¼ c	29 Hamburger Lasagna □ - ½ c Peas -¼ c Diced Pears - ¼ c Whole Wheat Bread -1 slice	30 Pork Long Rice - ½ c Steamed Rice - ¼ c Mixed Vegetables- ¼ c Chilled Peaches- ¼	31 Tuna Salad Sandwich - ½ sandwich★ Cut Broccoli - ¼ c Cheese -1 slice □ Apple Slices - 1 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 milk.

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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