

SEAGULL SCHOOLS, INC.
APRIL 2019 PRESCHOOL BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, & Peaches – ½ c	2 Breakfast: Waffles -1 pc, Pears – ½ c, and Milk- ¾ c Snack: Ritz Crackers-4 pcs and Peaches - ½ c	3 Breakfast: Cornbread – 1 pc, Apple Slices – 1 apple, & Milk-¾ c Snack: Wheat Thins – 6 pcs, and Diced Pears – ½ c	4 Breakfast: Waffles – 1 pc, Applesauce – ½ c, and Milk- ¾ c Snack: Cheez-Its Crackers – 10 pcs, and Chilled Peaches – ½ c	5 Breakfast: Cereal – 1/3 c, Diced Pears – ½ c, & Milk- ¾ c Snack: Club House Cracker -5 crackers & Apple Juice – ½ c
8 Breakfast: Cereal – 1/3 c, Apple Slices – 1 apple – ½ c and Milk- ¾ c Snack: Cheez-Its Crackers – 10 pcs, & Diced Pears – ½ c	9 Breakfast: Waffles -1 piece, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Wheat Thins – 6 pcs, and Pineapple Chunks – ½ c	10 Breakfast: Cereal – 1/3 c, Diced Pears – ½ c, and Milk- ¾ c Snack: Cornbread – 1 pc, and Applesauce – ½ c	11 Breakfast: Waffles – 1 pc, Pineapple chunks – ½ c & Milk- ¾ c Snack: Graham Crackers – 4 pcs, & Peaches – ½ c	12 Breakfast: Cereal – 1/3 c, Apple Slices – 1 apple – ½ c , and Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs, & Pineapple Chunks – ½ c
15 Breakfast: Cereal – 1/3 c, Applesauce – ½ c and Milk- ¾ c Snack: Ritz Crackers – 4 pcs & Grape Juice ½ c	16 Breakfast: Waffles -1 piece, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Club House Cracker -5 pcs & Chilled Peaches – ½ c	17 Breakfast: Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c Snack: Cornbread – 1 piece, and Pears – ½ c	18 Breakfast: Waffles – 1 waffle, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Graham Crackers – 4 pcs & Diced Pears – ½ c	19 CLOSED GOOD FRIDAY Holiday
22 Breakfast: Cereal – 1/3 c, Peaches – ½ c, & Milk-¾ c Snack: Ritz Crackers-4 pcs and Diced Pears - ½ c	23 Breakfast: Waffles – 1 pc, Diced Pears – ½ c and Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs, & Pineapples – ½ c	24 Breakfast: Cereal – 1/3 c, Applesauce – ½ c & Milk- ¾ c Snack: Goldfish – 19 pcs, and Chilled Pears – ½ c	25 Breakfast: Honey Oat Bread-1 piece, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, Applesauce – ½ c	26 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c & Milk- ¾ c Snack: Clubhouse Crackers- 10 pcs and Grape Juice- ½ c
29 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, & Milk-¾ c Snack: Graham Crackers – 8 pcs, & Applesauce – ½ c	30 Breakfast: Waffles – 1 pc, Diced Pears– ½ c, and Milk – ¾ c Snack: Ritz Crackers-4 pcs and Pineapple Chunks - ½ c			

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.

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