

SEAGULL SCHOOLS, INC.
APRIL 2019 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Curry - ½ c Steamed Rice- ¼ c Apple Slices – ½ apple Corn – ¼ c	2 Meatballs w/ Gravy – 5 pc Δ Steamed Rice - ¼ c Pineapple Chunks – ¼ c Mixed Veggies – ¼ c	3 Beef Lasagna – ½ c Peas – ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	4 Roast Pork- ¼ c Steamed Rice - ¼ c Edamame Succotash - ¼ c Applesauce- ¼ c Whole Wheat Bread –1 slice	5 Chicken Salad Sandwich - ½ sandwich ★ Δ Broccoli - ¼ c Cheese – 1 slice □ Orange Wedges – ½ orange
8 Hamburger Stew – ½ c Steamed Rice- ¼ c Corn - ¼ c Chilled Peaches – ¼ c	9 Shoyu Chicken- ½ c Steamed Rice- ¼ c Peas and Carrots - ¼ c Apple Slices – ½ apple	10 Turkey Crisp – ½ c Steamed Rice – ¼ c Diced Carrots – ¼ c Pineapple Chunks – ¼ c	11 Beef Macaroni w/ meat sauce & Cheese - ½ c □ Peas -¼ c Diced Pears – ¼ c Whole Wheat Bread – 1 slice	12 Egg Salad Sandwich - ½ sandwich Δ★ Cheese -1 slice □ Broccoli - ¼ c Chilled Peaches – ¼ c
15 Hamburger Curry – ½ c Steamed Rice – ¼ c Corn - ¼ c Pineapple Chunks – ¼ c	16 Chicken Long Rice - ½ c Steamed Rice- ¼ c Succotash - ¼ c Chilled Pears - ¼ c	17 Chili - ½ c Steamed Rice- ¼ c Green Beans - ¼ c Apple Slices – ½ apple Whole Wheat Bread – 1 slice	18 Tuna Salad Sandwich - ½ sandwich Δ Cheese-1 slice□ Broccoli - ¼ c Banana – ½ banana	19 CLOSED Good Friday Holiday
22 Chicken a la King – ½ c Steamed Rice – ¼ c Diced Carrots – ¼ c Apple Slices – ½ apple	23 Spaghetti w/ meat sauce - ½ cup □ Peas - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread- 1 slice	24 Tofu Hekka w/ Veggies – ½ c Steamed Rice – ¼ c Cut Broccoli – ¼ c Pineapple Chunks – ¼ c	25 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Succotash- ¼ c Pineapple Chunks – ¼ c	26 Ham Cold Cut Sandwich- ½ sandwich Δ★ Cheese -1 slice □ Broccoli - ¼ c Orange Wedges – ½ orange
29 Portuguese Bean Soup w/ vegetables – ½ c Steamed Rice – ¼ c Cut Green Beans – ¼ c Pineapple Chunks – ¼ c	30 Hamburger Curry - ½ c Steamed Rice- ¼ c Corn - ¼ c Chilled Peaches – ¼ 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. 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 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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