

**SEAGULL SCHOOLS, INC.**  
**JULY 2017 ADC LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 2 subs per adult Meatball Sub- 5 meatballs per sub Buns – 2 buns Corn- ½ c Pineapple Chunks – ¾ c	<b>4</b> <b>CLOSED</b> <b>4<sup>th</sup> of JULY</b> <b>HOLIDAY OBSERVED</b>	<b>5</b> Vegetable Soup – 1 c Yogurt – 2 yogurts Cut Broccoli - ½ c Apple Slices – ¾ c Taro Rolls – 2 pcs	<b>6</b> Chicken Hekka w/Vegetables and Tofu – 1 c Steamed Rice- ½ c Peas and Carrots – 1/2 c Orange – ¾ Orange Whole Wheat Bread – 1 slice	<b>7</b> Tuna Sandwich- 1 sandwich *Δ Cut Broccoli – ½ c Cheese-2 slices□ Banana – 1 banana
<b>10</b> Portuguese Bean Soup w/vegetables- 1 c Steamed Rice-1/2 c Cut Green Beans- ½ c Apples – 1 apple Whole Wheat Bread – 1 slice	<b>11</b> Turkey Crisp □ - 1 c Steamed Rice- ½ c Diced Carrots – ½ c Fruit Cocktail – ¾ c Whole Wheat Bread – 1 slice	<b>12</b> Vegetable Lasagna□ - 1 c Yogurt – 2 yogurts Peas ½ c Pineapple Chunks - ¾ c Whole Wheat Bread – 1 slice	<b>13</b> Roast Pork- ½ c Mashed Potatoes- ½ c Cut Green Beans - ½ c Applesauce – ¾ c Whole Wheat Bread- 2 slices	<b>14</b> Cold Cut Sandwich- 1 sandwich Δ* Cheese-2 slices□ Cut Broccoli – ½ c Orange Wedge – ¾ c
<b>17</b> Spaghetti w/ meat sauce- 1 cup□ Peas - ½ c Apple Wedges – ¾ c Whole Wheat Bread – 1 slice	<b>18</b> Shoyu Chicken– ¼ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Chilled Pears - ¼ c Whole Wheat Bread – 1 slice	<b>19</b> Macaroni and Cheese□ - 1 c Peas – ½ c Yogurt – 2 yogurts Honey Dew Melon - ¾ c Whole Wheat Bread – 1 slice	<b>20</b> Kalua Pork & Cabbage- 1 c Steamed Rice- ½ c Succotash- ½ c Fresh Pineapples - ¾ c Whole Wheat Bread- 1 slice	<b>21</b> Chicken Breast Sandwich- 1 sandwich *Δ Cut Broccoli – ½ c Cheese-2 slices□ Orange wedges– ¾ orange
<b>24</b> Beef Macaroni- 1 c □ Peas – ½ cup Diced Pears- ½ cup Whole Wheat Bread – 1 slice	<b>25</b> Chicken Longrice - 1 c Steamed Rice- ½ c Succotash- ½ c Orange wedges – ¾ orange Whole Wheat Bread – 1 slice	<b>26</b> 3 Bean Chili w/ Tofu - 1 c Steamed Rice- ½ c Cut Broccoli- ½ c Chilled Peaches – ¾ c Whole Wheat Bread - 1 slice	<b>27</b> Meatballs w/ gravy - 10 pieces Steamed Rice- ½ c Corn- ½ c Pineapple Chunks – ¾ c Whole Wheat Bread – 1 slice	<b>28</b> Egg Sandwich-sandwich *Δ Cut Broccoli – ½ c Cheese-1 slice□ Banana – ½ banana

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, 1 C for Adults

Δ May contain egg product.

□ May contain cheese.

\*May contain mayonnaise.

■ May contain dairy product.

All meals are served with 1% skim milk for 2 years old and older. Whole milk is served to toddlers 18-24 months old. Seagull Schools reserves the right to change meals at any time. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.