

SEAGULL SCHOOLS, INC.
SEPTEMBER 2018 PRESCHOOL BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED LABOR DAY HOLIDAY OBSERVED	4 Breakfast: Cereal – 1/3 c, Apple Slices – 1 apple, and Milk- ¾ c Snack: Clubhouse Crackers - 5 pcs & Applesauce - ½ c	5 Breakfast: Waffles – 1 pc, Orange – 1 orange, and Milk- ¾ c Snack: Graham Cracker – 4 pcs and Apples – 1 apple	6 Breakfast: Corn Bread – 1 pc bread, Pineapples – ½ c and Milk- ¾ c Snack: Goldfish Cracker-19 pcs & Chilled Peaches – ½ c	7 Breakfast: Cereal – 1/3 c, Applesauce – ½ c, & Milk- ¾ c Snack: Ritz Crackers – 5 pcs and Grape Juice- ½ c
10 Breakfast: Cereal – 1/3 c, Orange Wedges – 1 orange, and Milk- ¾ c Snack: Ritz Cracker- 5 pcs and Pineapple Chunks – ½ c	11 Breakfast: Honey Oat Bread – 1 pc, Apples – 1 apple, and Milk- ¾ c Snack: Clubhouse Crackers-5 pcs & Chilled Peaches - ½ c	12 Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c Snack: Cornbread – 1 pc and Applesauce – ½ c	13 Breakfast: Waffles – 1 pcs, Chilled Peaches – ½ c, Milk ¾ c Snack: Graham Cracker – 4 pcs & Apple Juice – ½ c	14 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Goldfish Cracker-19 pcs, & Grape Juice- ½ c
17 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Gold Fish Cracker-19 pcs and Applesauce – ½ c	18 Breakfast: Honey Oat Bread – 1 pc, Apple Slices – 1 apple and Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs & Grape Juice – ½ c	19 Breakfast: Breakfast: Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c Snack: Cornbread – 1 pc and Pineapple Chunks – ½ c	20 Breakfast: Waffles -1 pc, Chilled Peaches, and Milk- ¾ c Snack: Ritz Cracker- 5 pcs and Banana – 1 banana	21 Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, and Apple Juice – ½ c
24 Breakfast: Cereal – 1/3 c, Apple Wedges – 1 apple, and Milk- ¾ c Snack: Graham Crackers 4 pcs, & Applesauce – ½ c	25 Breakfast: Honey Oat Bread – 1 pc, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Ritz Crackers – 5 pcs & Apple Juice – ½ c	26 Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c Snack: Cornbread – 1 pc, & Grape Juice- ½ c	27 Breakfast: Waffles – 1 pcs, Orange Wedges – 1 oranges and Milk- ¾ c Snack: Banana – 1 banana, and Goldfish Cracker – 19 pcs	28 Breakfast: Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs, Chilled Peaches – ½ c

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds SERVINGS FOR FLUIDS = ¾ C Milk or ½ C Juice for 3 – 5 year olds
 Δ May contain egg product. □ May contain cheese. ★ May contain mayonnaise. ■ May contain dairy product.

All meals are served with 1% skim milk for ages 2 years and older. Whole milk served to toddlers 18-24 months and older.

Seagull Schools reserves the right to change meals at any time

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