

**SEAGULL SCHOOLS, INC.**  
**NOVEMBER 2017 ADC BREAKFAST/SNACK MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Breakfast:</b> Waffles - 2 pcs, Chilled Peaches – ½ c and Milk- 1c  <b>Snack:</b> Ritz Crackers – 8 pcs & Fresh Pineapples – ½ c	<b>2</b> <b>Breakfast:</b> Cereal – 1 ½ c, Pineapple Chunks – ½ c, and Milk- 1 c  <b>Snack:</b> Club House Cracker- 10 pcs & Banana – 1 banana	<b>3</b> <b>Breakfast:</b> Cereal – 1 ½ c, Apple Slices – 1 apple and Milk- 1 c  <b>Snack:</b> Graham Crackers – 8 pcs and Watermelon – ½ c
<b>6</b> <b>Breakfast:</b> Blueberry Bagel - 2 pieces, Chilled Pears – ½ c, and Milk- 1 c  <b>Snack:</b> Graham Crackers – 8 & Chilled Peaches – ½ c	<b>7</b> <b>Breakfast:</b> Cereal – 1 ½ c., Banana – 1 banana, & Milk- 1 c  <b>Snack:</b> Clubhouse Crackers – 10 pcs and Cantaloupe – ½ c	<b>8</b> <b>Breakfast:</b> Hard-boiled Egg Δ – 2 Egg, Chilled Peaches – ½ c, Bread – 1 slice, & Milk- 1 c  <b>Snack:</b> Cornbread – 2 pcs and Mandarin Orange – ½ c	<b>9</b> <b>Breakfast:</b> Cereal – 1 ½ c Pineapple Chunks – ½ c, & Milk- 1 c  <b>Snack:</b> Ritz Cracker - 8 pcs & Honeydew Melon – ½ c	<b>10</b>  <b>CLOSED</b>  <b>VETERAN'S DAY</b> <b>Holiday Observed</b>
<b>13</b> <b>Breakfast:</b> Pancakes – 2 pancakes, Fruit Cocktail – ½ c, and Milk- 1 c <b>Snack:</b> Ritz Crackers – 8 pcs and Watermelon – ½ c	<b>14</b> <b>Breakfast:</b> Cereal – 1 ½ c, Pineapple Chunks – ½ c, and Milk- 1 c  <b>Snack:</b> Graham Crackers - 8 pcs & Chilled Peaches – ½ c	<b>15</b> <b>Breakfast:</b> Pork Patty – 2 patties, Chilled Pears – ½ c Bread – 1 slice, & Milk- 1 c  <b>Snack:</b> Clubhouse Crackers – 10 pcs, & Cantaloupe – ½ c	<b>16</b> <b>Breakfast:</b> Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c  <b>Snack:</b> Ritz Cracker-8 pcs & Fruit Cocktail – ½ c	<b>17</b> <b>Breakfast:</b> Cereal – 1 ½ c, Apple Slices – 1 apple, & Milk- 1 c <b>Snack:</b> Graham Crackers – 8 pcs and Honeydew Melon – ½ c
<b>20</b> <b>Breakfast:</b> French Toast - 4 sticks, Diced Pears – ½ c and Milk- 1 c  <b>Snack:</b> Ritz Cracker-8 pcs & Mandarin Oranges – ½ c	<b>21</b> <b>Breakfast:</b> Cereal – 1 ½ c, Pineapple Chunks – ½ c, and Milk- 1 c  <b>Snack:</b> Graham Crackers – 8 pcs and Watermelon – 1 ½ c	<b>22</b> <b>Breakfast:</b> Cereal – 1 ½ c, Chilled Peaches - ½ c, & Milk- 1 c  <b>Snack:</b> Clubhouse Crackers – 10 pcs, & Cantaloupe – ½ c	<b>23</b>  <b>CLOSED</b>  <b>THANKSGIVING</b> <b>Holiday Observed</b>	<b>24</b>  <b>CLOSED</b>  <b>STAFF IN SERVICE</b> <b>TRAINING</b>
<b>27</b> <b>Breakfast:</b> Waffles – 2 pcs, Fruit Cocktail – ½ c, & Milk- 1 c  <b>Snack:</b> Ritz Cracker-8 crackers and Mandarin Oranges – ½ c	<b>28</b> <b>Breakfast:</b> Cereal – 1 ½ c, Apple Slices – 1 apple & Milk- 1 c  <b>Snack:</b> Club House Cracker- 10 pcs & Cantaloupe – ½ c	<b>29</b> <b>Breakfast:</b> Hard-boiled Egg Δ – 2 Eggs, Diced Pears – ½ c, Bread – 1 slice & Milk- 1 c  <b>Snack:</b> Ritz Crackers – 8 pcs & Watermelon – ½ c	<b>30</b> <b>Breakfast:</b> Cereal – 1 ½ c, Pineapple Chunks – ½ c and Milk- 1 c  <b>Snack:</b> Cold Cuts on Bread – 1 bread, 2 slices cold cuts	<b>31</b> <b>Breakfast:</b> Cereal – 1 ½ c, Apple Slices – 1 apple, and Milk- 1 c  <b>Snack:</b> Graham Crackers – 8 pcs and Honeydew Melon – ½ c

Δ May contain egg product. □ May contain cheese \*May contain mayonnaise.

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

Seagull Schools reserves the right to change meals at any time

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