

SEAGULL SCHOOLS, INC
JULY 2018 ADC Breakfast and Snack MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Breakfast: Waffles – 2 pcs, Chilled Peaches – ½ c, and Milk- 1 c</p> <p>Snack: Clubhouse Crackers - 5 pcs and Watermelon – ½ c</p>	<p>3 Breakfast: Cereal – 1 ½ c, Apple Slices – 1 apple and Milk- 1 c</p> <p>Snack: Graham Crackers – 8 pcs & Apple Wedges – 1 apple</p>	<p>4 CLOSED 4th OF JULY HOLIDAY</p>	<p>5 Breakfast: Cereal –1 ½ c, Applesauce – ½ c, and Milk- 1 c</p> <p>Snack: Cornbread – 2 pcs and Chilled Pineapples – ½ c</p>	<p>6 Breakfast: Cereal – 1 ½ c, Apple Slices – 1 apple, & Milk – 1 c</p> <p>Snack: Ritz Crackers – 10 pcs and Cantaloupe – ½ c</p>
<p>9 Breakfast: Waffles – 2 , Apple Slices – 1 apple, and Milk- 1 c</p> <p>Snack: Club House Cracker- 10 pcs & Chilled Peaches – ½ c</p>	<p>10 Breakfast: Cereal – 1 ½ c., Diced Pears – ½ c, & Milk- 1 c</p> <p>Snack: Ritz Crackers – 8 pcs & Cantaloupe – ½ c</p>	<p>11 Breakfast: Honey Oat Bread - 2 pieces, Apple Slices – 1 apple, & Milk- 1 c</p> <p>Snack: Graham Crackers – 8 pcs & Banana – 1 banana</p>	<p>12 Breakfast: Cereal – 1 ½ c, Banana – 1 banana , and Milk- 1 c</p> <p>Snack: Ritz Crackers – 8 pcs & Watermelon</p>	<p>13 Breakfast: Cereal – 1 ½ c, Pineapple chunks– ½ c, and Milk- 1 c</p> <p>Snack: Club House Cracker- 10 pcs & Applesauce – ½ c</p>
<p>16 Breakfast: Waffles - 2 pieces, Chilled Pears – ½ c, and Milk- 1 c</p> <p>Snack: Graham Crackers – 8 & Watermelon – ½ c</p>	<p>17 Breakfast: Cereal – 1 ½ c Pineapple Chunks – ½ c, & Milk- 1 c</p> <p>Snack: Ritz Crackers – 10 pcs and Cantaloupe – ¾ c</p>	<p>18 Breakfast: Sweet Bread – 2 pc, Chilled Peaches – ½ c and Milk – 1 c</p> <p>Snack: Cornbread – 2 pcs and Diced Pears – ½ c</p>	<p>19 Breakfast: Cereal – 1 ½ c Apple Slices - 1 apple, & Milk- 1 c</p> <p>Snack: Clubhouse Crackers 10 pcs & Honeydew Melon – ½ c</p>	<p>20 Breakfast: Cereal – 1 ½ c, Chilled Pineapples – 1 c, and Milk- 1 c</p> <p>Snack: Ritz Crackers – 8 pcs and Mandarin Oranges – ½ c</p>
<p>23 Breakfast: Waffles – 2 pcs, Apple Slices – 1 apple, & Milk - 1c</p> <p>Snack: Graham Cracker – 8 pcs & Banana – 1 banana</p>	<p>24 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c and Milk- 1 c</p> <p>Snack: Clubhouse Crackers -10 pcs and Watermelon - ¾ c</p>	<p>25 Breakfast: Cornbread – 2 pcs, Chilled Pineapples – ½ c, & Milk- 1 c</p> <p>Snack: Graham Cracker – 8 pcs & Cantaloupe – ½ c</p>	<p>26 Breakfast: Cereal – 1 ½ c, Chilled Peaches- ½ c, and Milk- 1 c</p> <p>Snack: Clubhouse Crackers – 10 pcs & Banana – 1 banana</p>	<p>27 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c, and Milk- 1 c</p> <p>Snack: Ritz Crackers – 8 pcs and HoneyDew Melon – ½ c</p>
<p>30 Breakfast: Honey Oat Bread – 2 pcs, Chilled Peaches – ½ c, and Milk- 1 c</p> <p>Snack: Clubhouse Crackers 10 pcs & Honeydew Melon – ½ c</p>	<p>31 Breakfast: Cereal –1 ½ c, Banana – 1 banana and Milk- 1 c</p> <p>Snack: Graham Crackers – 8 pcs and Fruit Cocktail – ½ c</p>			

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults.

Items in **bold** indicate daily required serving of a whole grain component.

Δ May contain egg product. □ May contain cheese ★May contain mayonnaise.

All meals are served with 1% skim milk for ages 2 years and older. Whole Milk 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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