

SEAGULL SCHOOLS, INC.
JULY 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Portuguese Bean Soup – ½ c Steamed Rice – ¼ c Cut Green Beans – ¼ c Apple Slices – ½ apple	3 Chicken Long Rice – ½ c Steamed Rice – ¼ c Mixed Vegetables – ¼ c Pineapple Chunks – ¼ c	4 CLOSED 4TH OF JULY HOLIDAY	5 Hamburger Stew - ½ c Steamed Rice- ¼ c Peas and Carrots - ¼ c Chilled Peaches – ¼ c	6 Chicken Salad Breast* Sandwich- ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice□ Chilled Pineapples – ¼ c
9 Chili – ½ c Steamed Rice - ¼ c Cut Broccoli - ¼ c Chilled Peaches – ¼ c	10 Chicken Hekka – ½ c Steamed Rice- ¼ c Corn- ¼ c Apple Slices – ½ apple	11 Veggie Lasagna - ½ c □ Cut Green Beans - ¼ c Yogurt - 1 yogurt Pineapple Chunks - ¼ c Whole Wheat Bread –1 slice	12 Chicken ala King - ½ c Steamed Rice- ¼ c Peas- ¼ c Corn – ¼ c	13 Tuna Sandwich* - ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice□ Banana – ½ banana
16 Hamburger Curry with Veggies – ½ c Steamed Rice – ½ c Peas & Carrots - ¼ c Apple Slices – ½ apple	17 Chicken Vegetable Stew – ½ c Steamed Rice – ½ c Corn – ½ c Mandarin Oranges – ¼ c	18 Vegetable Soup – ½ c Yogurt – 1 yogurt Peas – ¼ c Apple Slices – ½ apple Taro Roll – 1 roll	19 Beef Macaroni □ – ½ c Succotash - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	20 Cold Cut w/Cheese □ *Sandwich - ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice □ Chilled Pears – ¼ c
23 Portuguese Bean Soup – ½ c Steamed Rice- ¼ c Succotash - ¼ c Chilled Peaches - ¼ c	24 Spaghetti w/ Meat Sauce □ – ½ c Peas – ¼ c Corn – ¼ c Whole Wheat Bread – 1 slice	25 Tofu Hekka - ½ c Steamed Rice - ¼ c Cut Broccoli - ¼ c Banana – ½ banana	26 Chicken Curry – ½ c Steamed Rice - ¼ c Cut Green Beans - ¼ c Apple Slices – ½ apple	27 Egg Salad Sandwich - ½ sandwichΔ* Cheese – 1 slice□ Cut Broccoli- ¼ c Chilled Pineapples – ½ c
30 Baked Chicken with Gravy - ½ c Steamed Rice- ¼ c Corn- ¼ c Apple Slices – ½ apple	31 Beef Stew – ½ c Steamed Rice - ¼ c Cut Broccoli - ¼ c Cut Carrots – 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 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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