

SEAGULL SCHOOLS, INC.
ADC JUNE 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Portuguese Bean Soup w/vegetables- 1 c Steamed Rice Cut Green Beans- ½ cup c Diced Pears – ¾ c	2 Tuna Salad SandwichΔ- 1 sandwich ★ Cut Broccoli – ½ c Cheese - 2 slices □ Orange Wedges – ¾ c
5 (2 “subs” per adult) Meatball Sub – 5 meatballs Bun – 1 bun Succotash - ½ c Fruit Cocktail - ¾ c	6 Turkey Crisp - ½ c□ Steamed Rice- ½ c Peas - ½ c Apple Slices - ¾ c Whole Wheat Bread - 1 slice	7 Vegetable Soup – 1 c Yogurt – 1 c Cut Broccoli - ½ c Apple Slices – ¾ c Taro Rolls – 2 pcs	8 Roast Pork w/ Gravy - ½ c Mashed Potatoes - ½ c Corn - ½ c Watermelon – ¾ c Whole Wheat Bread - 2 slices	9 Chicken Breast Salad Sandwich - 1 sandwich Δ ★ Cut Broccoli - ½ c Cheese - 2 slices □ Apple Wedges- ¾ apple
12 CLOSED Kamehameha Day Holiday	13 Chili w/ Hamburger□ Steamed Rice- ½ c Corn- ½ c Honeydew Melon - ¾ c Whole Wheat Bread- 1 slice	14 Vegetable Lasagna - 1 c □ Yogurt - 1 Peas - ½ c Chilled Peaches – ¾ c Whole Wheat Bread – 1 slice	15 Chicken Curry - 1 c Steamed Rice- ½ c Peas and Carrots - ½ c Orange – ¾ c Whole Wheat Bread - 1 slice	16 Egg Salad Sandwich - 1 sandwich Δ ★ Cut Broccoli - ½ c Cheese - 2 slices □ Orange wedges – ¾ c
19 Beef Macaroni □ 1 c Peas - ½ c Honey Dew Melon - ¾ c Whole Wheat Bread – 1 slice	20 Turkey Ala King ■ - 1 c Steamed Rice - ½ c Diced Carrots - ½ c Watermelon – ¾ c Whole Wheat Bread - 1 slice	21 Vegetarian Tofu Chili □ Steamed Rice- ½ c Cut Green Beans- ½ c Banana – 1 banana Whole Wheat Bread - 1 slice	22 Chicken Hekka w/ Vegetables & Tofu - 1 c Steamed Rice - ½ c Succotash - ½ c Apple Slices – ¾ c Whole Wheat Bread - 1 slice	23 Cold Cut Sandwich – 1 sandwich ★ Cheese – 2 slices □ Cut Broccoli – ½ c Orange Wedges – ¾ c
26 Hamburger Patty w/ Gravy – 1 piece Mashed Potatoes - ½ c Corn - ½ c Chilled Peaches – ¾ c Whole Wheat Bread 2 slices	27 Chicken Long Rice - 1 c Steamed Rice- ½ c Diced Carrots - ½ c Cantaloupe - ¾ c Whole Wheat Bread- 1 slice	28 Macaroni and Cheese□ - 1 c Peas – ½ c Yogurt – 1 yogurt Honey Dew Melon - ¾ c Whole Wheat Bread – 1 slice	29 Kalua Pork & Cabbage - 1 c Steamed Rice - ½ c Succotash - ½ c Fresh Pineapples - ¾ c Whole Wheat Bread - 1 slice	30 Tuna Sandwich - 1 sandwich ★ Cut Broccoli - ½ c Cheese - 2 slices □ Banana – 1 banana

SERVINGS FOR FLUIDS = 1 C Milk or Juice 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.

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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