


SEAGULL SCHOOLS, INC.  
**SATURDAY LUNCH MENU**  
**JANUARY 2018**

<b>JANUARY 6, 2018</b>	<b>JANUARY 13, 2018</b>	<b>JANUARY 20, 2018</b>	<b>JANUARY 27, 2018</b>	
<p><b>Breakfast:</b> Cereal – 1 ½ c, Chilled Peaches- ½ c , &amp; Milk - 1 c</p> <p><b>Snack:</b> Club House Cracker- 10 &amp; Diced Pears – ½ c</p> <p><b>Lunch:</b> <b>Egg Salad Sandwich- 1 sandwich *</b> Broccoli – ½ c Cheese – 2 slices □ Banana – 1 Banana</p>	<p><b>Breakfast:</b> Cereal - 1 ½ c, Orange Wedges – 1 orange and Milk - 1 c</p> <p><b>Snack:</b> Ritz crackers – 8 pcs and Chilled Peaches – ½ c</p> <p><b>Lunch:</b> <b>Chicken Salad Sandwich – 1 sandwich *</b> Cheese - 2 slices □ Broccoli - ½ c Cantaloupe – ½ c</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Banana – 1 Banana, &amp; Milk - 1 c</p> <p><b>Snack:</b> Graham Crackers – 8 pcs and Honeydew melon – ½ c</p> <p><b>Lunch:</b> <b>Tuna Salad Sandwich - 1 sandwich *Δ</b> Cheese - 2 slices □ Broccoli - ½ c Fruit Cocktail – ½ c</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Orange Wedges – 1 orange, and Milk - 1 c</p> <p><b>Snack:</b> Ritz Cracker – 8 crackers &amp; Fruit Cocktail - ½ c</p> <p><b>Lunch:</b> <b>Cold Cut Sandwich - 1 sandwich *</b> Broccoli - ½ c Cheese - 2 slices □ Watermelon – ½ c</p>	

Δ May contain egg product.

□ May contain cheese.

★ May contain Mayonnaise. Items in **bold** indicate daily required serving of a whole grain component.

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults

All meals are served with 1% milk for those aged 2 years and older; Whole Milk is served to toddlers (18-24 months).

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.