SEAGULL SCHOOLS, INC. SEPTEMBER 2018 ADC BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
CLOSED	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Waffles – 2 pcs., Orange	Cornbread - 2 pieces, Chilled	Cereal − 1 ½ c, Applesauce − ½	Cereal − 1 ½ c, Orange Wedges
LABOR DAY	Wedges – 1 orange, and Milk- 1	Pineapples $-\frac{1}{2}$ c, and Milk- 1 c	c, and Milk- 1 c	- 1 orange, and Milk- 1 c
HOLIDAY OBSERVED	c			
HOLIDAI ODOLIIVLD	Snack: Clubhouse Crackers – 5	Snack: Graham Crackers – 8	Snack: Club House Cracker-	Snack: Ritz Crackers – 8 pcs
	pcs, & Applesauce – ½ c	pcs and Apple Slices – 1 apple	10 pcs & Chilled Peaches – ½ c	& Pineapple Chunks–½ c
10	* **		*	**
10 Breakfast:	11 Breakfast:	12 Breakfast:	13 Breakfast:	14 Breakfast:
	Cereal $-1\frac{1}{2}$ c, Banana -1			
Honey Oat Bread – 2 pcs, Apple wedges – 1 apple, and	banana, and Milk- 1 c	Waffles – 2 pcs., Chilled Peaches – ½ c, & Milk- 1 c	Cereal $-1 \frac{1}{2}$ c, Pineapples $-\frac{1}{2}$ c, and Milk- 1 c	Cereal –1 ½ c, Chilled Peaches - ½ c, & Milk- 1 c
Milk-1 c	banana, and wink- 1 C	Feaches – 72 C, & Wilk- 1 C	c, and whire i c	- 72 C, & WHK- 1 C
WHIR T C				
Snack: Ritz Cracker-8 crackers	Snack: Club House Cracker-	Snack: Cornbread - 2 pieces,	Snack: Graham crackers – 8	Snack: Ritz Cracker-8 pcs and
and Watermelon $-\frac{1}{2}$ c	10 pcs & Chilled Peaches – ½ c	& Applesauce – ½ c	pcs & Honey Dew Melon – ½ c	Pineapple Chunks – ½ c
17	18	19	20	21
Breakfast: Honey Oat Bread –	Breakfast: Cereal – 1 ½ c,	Breakfast: Waffles – 2 pcs,	Breakfast:	Breakfast:
2 pcs, Apple Wedges – 1 apple	Applesauce – ½ c, and Milk- 1	Chilled Peaches – ½ c, & Milk-	Cereal - 1 ½ c, Pineapple	Cereal – 1 ½ c, Apples – 1
and Milk- 1 c	Applesauce – 72 c, and whik- 1	1 c	Chunks - ½ c, and Milk- 1 c	apple, and Milk-1 c
and wink i c			Chaines 720, and White 10	appie, and Mink 1 c
Snack:	Snack:	Snack:	Snack:	Snack:
Graham Crackers – 8 pcs, and	Club House Cracker - 10 pcs &	Cornbread - 2 pieces, &	Ritz Crackers – 8 pcs & Banana	Graham Crackers – 4 pcs, &
Watermelon – ½ c	Cantaloupe – ½ c	Pineapple Chunks – ½ c	- 1 banana	Honey Dew Melon − ½ c
	-			
24	25	26	27	28
Breakfast:	Breakfast: Cereal – 1 ½ c,	Breakfast: Waffles – 2 pcs,	Breakfast: Cereal $-1\frac{1}{2}$ c,	Breakfast: Cereal –1 ½ c,
Honey Oat Bread - 2 pcs,	Banana – 1 banana, and Milk- 1	Orange Wedges – 1 orange, and	Applesauce- ½ c, and Milk- 1 c	Pineapple Chunks – ½ c, and
Chilled Peaches – ½ c, and	С	Milk- 1 c		Milk- 1 c
Milk- 1 c				
Snack:	Snack:	Snack:	Snack:	Snack:
Graham Crackers – 8 pcs, &	Ritz Crackers – 8 pcs &	Cornbread - 2 pieces, &	Ritz Crackers – 8 pcs, and	Clubhouse Crackers 10 pcs, and
Applesauce – ½ c	Cantaloupe – ½ c	Watermelon – ½ c	Banana – 1 banana	Honey Dew Melon – ½ c

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.

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

Seagull Schools reserves the right to change meals at any time

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