

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED LABOR DAY HOLIDAY OBSERVED	4 Breakfast: Waffles – 2 pcs., Orange Wedges – 1 orange, and Milk- 1 c Snack: Clubhouse Crackers – 5 pcs, & Applesauce – ½ c	5 Breakfast: Cornbread - 2 pieces, Chilled Pineapples – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs and Apple Slices – 1 apple	6 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, and Milk- 1 c Snack: Club House Cracker- 10 pcs & Chilled Peaches – ½ c	7 Breakfast: Cereal – 1 ½ c, Orange Wedges – 1 orange, and Milk- 1 c Snack: Ritz Crackers – 8 pcs & Pineapple Chunks– ½ c
10 Breakfast: Honey Oat Bread – 2 pcs, Apple wedges – 1 apple, and Milk- 1 c Snack: Ritz Cracker-8 crackers and Watermelon – ½ c	11 Breakfast: Cereal –1 ½ c, Banana – 1 banana, and Milk- 1 c Snack: Club House Cracker- 10 pcs & Chilled Peaches – ½ c	12 Breakfast: Waffles – 2 pcs., Chilled Peaches – ½ c, & Milk- 1 c Snack: Cornbread - 2 pieces, & Applesauce – ½ c	13 Breakfast: Cereal –1 ½ c, Pineapples – ½ c, and Milk- 1 c Snack: Graham crackers – 8 pcs & Honey Dew Melon – ½ c	14 Breakfast: Cereal –1 ½ c, Chilled Peaches - ½ c, & Milk- 1 c Snack: Ritz Cracker-8 pcs and Pineapple Chunks – ½ c
17 Breakfast: Honey Oat Bread – 2 pcs, Apple Wedges – 1 apple and Milk- 1 c Snack: Graham Crackers – 8 pcs, and Watermelon – ½ c	18 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, and Milk- 1 c Snack: Club House Cracker - 10 pcs & Cantaloupe – ½ c	19 Breakfast: Waffles – 2 pcs, Chilled Peaches – ½ c, & Milk- 1 c Snack: Cornbread - 2 pieces, & Pineapple Chunks – ½ c	20 Breakfast: Cereal - 1 ½ c, Pineapple Chunks - ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs & Banana – 1 banana	21 Breakfast: Cereal – 1 ½ c, Apples – 1 apple, and Milk- 1 c Snack: Graham Crackers – 4 pcs, & Honey Dew Melon – ½ c
24 Breakfast: Honey Oat Bread - 2 pcs, Chilled Peaches – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs, & Applesauce – ½ c	25 Breakfast: Cereal – 1 ½ c, Banana – 1 banana, and Milk- 1 c Snack: Ritz Crackers – 8 pcs & Cantaloupe – ½ c	26 Breakfast: Waffles – 2 pcs, Orange Wedges – 1 orange, and Milk- 1 c Snack: Cornbread - 2 pieces, & Watermelon – ½ c	27 Breakfast: Cereal –1 ½ c, Applesauce- ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs, and Banana – 1 banana	28 Breakfast: Cereal –1 ½ c, Pineapple Chunks – ½ c, and Milk- 1 c Snack: Clubhouse Crackers 10 pcs, and 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

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.