

Seagull Schools, Inc.
APRIL 2019 ADC Breakfast and Snack MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast: Waffles - 2 pieces, Diced Pears – ½ c, and Milk- 1 c Snack: Graham Crackers - 8 pcs and Peaches – ½ c	2 Breakfast: Cornbread – 2 pcs, Apples – 1 apple, and Milk- 1 c Snack: Ritz Crackers – 8 pcs, & Watermelon – ½ c	3 Breakfast: Waffles – 2 pcs, Applesauce - ½ c, & Milk- 1 c Snack: Graham Crackers - 8 pcs, & Chilled Pears – ½ c	4 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c, and Milk- 1 c Snack: Ritz crackers – 8 pcs and Chilled Peaches – ½ c	5 Breakfast: Cereal – 1 ½ c, Apple Slices – 1 apple, and Milk- 1 c Snack: Club House Cracker- 10 pcs & Cantaloupe – ½ c
8 Breakfast: Waffles - 2 pieces, Chilled Peaches – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs, & Diced Pears – ½ c	9 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs, & Pineapple Chunks – ½ c	10 Breakfast: Waffles – 2 pieces, Pineapple Chunks -½ c, & Milk- 1 c Snack: Cornbread – 2 pcs and Applesauce – ½ c	11 Breakfast: Cereal – 1 ½ c, Apple Slices – 1 apple, and Milk- 1 c Snack: Graham Crackers – 8 pcs, & Chilled Peaches – ½ c	12 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Pineapples – ½ c
15 Breakfast: Waffles - 2 pieces, Pineapple Chunks – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs, & Watermelon – ½ c	16 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, & Milk- 1 c Snack: Club House Cracker- 10 crackers and Chilled Peaches – ½ c	17 Breakfast: Waffles – 2 pcs, Pineapple Chunks – ½ c & Milk- 1 c Snack: Cornbread – 2 pcs., and Pears – ½ c	18 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Graham Cracker – 8 pcs, & Pears – ½ c	19 CLOSED GOOD FRIDAY HOLIDAY
22 Breakfast: Waffles – 2 pcs, Diced Pears – ½ c and Milk- 1 c Snack: Ritz crackers – 8 pcs & Cantaloupe – ½ c	23 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Pineapples – ½ c	24 Breakfast: Honey Oat Bread - 2 pieces, Chilled Peaches – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs & Diced Pears – ½ c	25 Breakfast: Cereal – 1 ½ c, Pears – ½ c, and Milk- 1 c Snack: Graham Cracker – 8 pcs & Applesauce – ½ c	26 Breakfast: Cereal – 1 ½ c, Pineapple Chunks– ½ c and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs & Chilled Peaches – ½ c
29 Breakfast: Waffles – 2 pcs, Diced Pears – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs & Applesauce – ½ c	30 Breakfast: Cereal – 1 ½ c, Chilled Peaches – ½ c, & Milk- 1 c Snack: Ritz crackers – 8 pcs and Pineapple Chunks – ½ c			

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults Δ May contain egg product. □ May contain cheese. ★ May contain mayonnaise.

All meals are served with 1% skim milk for ages 2 years old and older. Whole Milk 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.

Seagull Schools reserves the right to change meals at any time

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider & employer.