

SEAGULL SCHOOLS, INC.
SEPTEMBER 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED LABOR DAY HOLIDAY OBSERVED	4 Chili – ½ c Steamed Rice – ¼ c Succotash – ¼ c Pineapple Chunks – ¼ c	5 Macaroni & Cheese - ½ c □ Yogurt – 1 yogurt Broccoli - ¼ c Chilled Peaches - ¼ c Whole Wheat Bread – 1 slice	6 Roast Pork- ¼ c Steamed Rice- ¼ c Peas and Carrots - ¼ c Applesauce- ¼ c	7 Cold Cut w/Cheese - ½ sandwich ★△ Cut Broccoli - ¼ c Cheese-1 slice□ Banana – ½ banana
10 Portuguese Bean Soup w/vegetables- ½ c Steamed Rice- ¼ c Cut Green Beans- ¼ c Apples – ½ apple	11 Hamburger Stew - ½ c Steamed Rice- ¼ c Diced Carrots - ¼ c Pineapple Chunks– ¼ c	12 Vegetable Lasagna□ - ½ c Yogurt – 1 yogurt Peas -¼ c Chilled Peaches - ¼ c Whole Wheat Bread – 1 slice	13 Chicken Hekka w/Vegetables and Tofu- ½ c Steamed Rice - ¼ c Peas- ¼ c Pineapple Chunks – ¼ c	14 Tuna Salad Sandwich - ½ sandwich□ Cut Broccoli - ¼ c Cheese-1 slice□ Orange Wedges – ½ orange
17 Beef Macaroni ½ c □ Peas -¼ c Apples- ½ apple Whole Wheat Bread – 1 slice	18 Shoyu Chicken– ¼ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Chilled Peaches - ¼ c	19 Vegetable Soup – ½ c Yogurt – 1 yogurt Cut Broccoli – ¼ c Apple Wedges – ½ apple Whole Wheat Bread – 1 slice	20 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Succotash- ¼ c Pineapple Chunks- ¼ c	21 Chicken Breast Sandwich- ½ sandwich ★△ Cut Broccoli - ¼ c Cheese-1 slice□ Chilled Peaches – ¼ c
24 Hamburger Curry - ½ c Steamed Rice - ¼ c Peas & Carrots - ¼ cup Pineapple Chunks - ¼ cup	25 Chicken Long Rice- ½ c Steamed Rice- ¼ c Succotash- ¼ c Orange – ½ orange	26 Tofu Hekka with Vegetables - ½ c Steamed Rice- ¼ c Cut Broccoli - ¼ c Chilled Peaches – ¼ c	27 Spaghetti w/ Meat Sauce □ – ½ c Peas - ¼ c Pineapple Chunks – ¼ c Whole Wheat Bread – 1 slice	28 Egg Salad Sandwich - ½ sandwich△★ Cheese-1 slice□ Cut Broccoli - ¼ c Banana – 1 banana

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds

△ May contain egg product. □ May contain cheese.

Items in bold indicate daily required serving of a whole grain component.

SERVINGS FOR FLUIDS = ¾ C Milk or Juice for 3 – 5 year olds

★May contain mayonnaise. ■ May contain dairy product.