

SEAGULL SCHOOLS, INC.
OCTOBER 2017 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger Curry – ½ c Steamed Rice – ¼ c Cut Green Beans – ¼ c Orange wedges – ½ Orange	3 Chicken Long Rice – ½ c Steamed Rice – ¼ c Mixed Vegetables – ¼ c Pineapple Chunks – ¼ c	4 Macaroni & Cheese - ½ cup □ Peas - ¼ c Yogurt – 1 yogurt Diced Pears – ¼ c Whole Wheat Bread –1 slice	5 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Peas and Carrots - ¼ c Mandarin Oranges – ¼ c	6 Chicken Salad Breast★ Sandwich- ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice □ Banana – ½ banana
9 CLOSED Discoverer's Day Holiday	10 Meatball Sub (1 sub per child) Meatballs- 5 pieces Bun – 1 bun Corn- ¼ c Apple Wedges – ½ apple *Whole Grain component offered @ breakfast	11 Veggie Lasagna - ½ c □ Cut Green Beans - ¼ c Yogurt - 1 yogurt Pineapple Chunks - ¼ c Whole Wheat Bread –1 slice	12 Portuguese Bean Soup – ½ c Steamed Rice- ¼ c Succotash - ¼ c Chilled Peaches - ¼ c	13 Tuna Sandwich★ - ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice □ Banana – ½ banana
16 Hamburger Patty w/ gravy – 1 pc. Mashed Potatoes - ¼ c Peas & Carrots - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	17 Chicken Vegetable Stew – ½ c Steamed Rice – ½ c Corn – ½ c Mandarin Oranges – ¼ c	18 Vegetable Soup – ½ c Yogurt – 1 yogurt Peas – ¼ c Apple Slices – ½ apple Taro Roll – 1 roll	19 Roast Pork- ¼ c Steamed Rice- ¼ c Mixed Vegetables - ¼ c Pineapple Chunks- ¼ c	20 Cold Cut w/Cheese □ ★Sandwich - ½ sandwich Cut Broccoli - ¼ c Cheese – 1 slice □ Orange Wedge – ½ orange
23 Teriyaki Meatballs - 5 pieces Steamed Rice- ¼ c Corn- ¼ c Apple Slices – ½ apple	24 Turkey Crisp with Cheese □ - ¼ c Steamed Rice- ¼ c Peas- ¼ c Banana – ½ banana	25 Veggie Tofu Chili □- ½ c Steamed Rice - ¼ c Cut Broccoli - ¼ c Chilled Peaches – ¼ c	26 Spaghetti w/ Meat Sauce □ – ½ c Cut Green Beans – ¼ c Fruit Cocktail – ¼ c Whole Wheat Bread – 1 slice	27 Egg Salad Sandwich - ½ sandwichΔ★ Cheese – 1 slice □ Cut Broccoli- ¼ c Orange Wedge - ½ orange
30 Beef Macaroni □ – ½ c Succotash - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	31 Chicken Long Rice - ½ c Steamed Rice - ¼ c Cut Green Beans - ¼ c Apple Slices – ½ apple			

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds. SERVINGS FOR FLUIDS = ¾ C Milk or Juice for 3 – 5 year olds

Δ May contain egg product. □ May contain cheese ★May contain mayonnaise.

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

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

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

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