

SEAGULL SCHOOLS, INC.
MAY 2019 ADC BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: Hard boiled Egg Δ – 2 Eggs , Pears – ½ c, Whole Wheat Bread – 1 slice, & Milk- 1 c Snack: Cornbread – 2 pcs, and Apple Slices – 1 apple	2 Breakfast: Cereal – 1 ½ c, Bananas – 1 banana, and Milk- 1 c Snack: Club House Cracker- 10 pcs & Pineapple Chunks ½ c	3 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs & Chilled Peaches – ½ c
6 Breakfast: Waffles - 2 pieces, Chilled Pears – ½ c, and Milk- 1 c Snack: Graham Crackers – 8 pcs & Cantaloupe – ½ c	7 Breakfast: Cereal – 1 ½ c., Pineapple Chunks – ½ c, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs and Applesauce – ½ c	8 Breakfast: Honey Oat Bread - 2 pcs, Chilled Peaches – ½ c and Milk- 1c Snack: Graham Crackers – 8 pcs, and Watermelon – ½ c	9 Breakfast: Cereal –1 ½ c Banana – 1 banana, & Milk- 1 c Snack: Ritz Cracker - 8 pcs & Apple Slices – 1 apple	10 Breakfast: Cereal –1 ½ c, Chilled Pineapples– ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs & Honey Dew Melon – ½ c
13 Breakfast: Waffles - 2 pcs, Chilled Peaches – ½ c, and Milk- 1 c Snack: Clubhouse Cracker – 10 pcs and Diced Pears – ½ c	14 Breakfast: Cereal – 1 ½ c, Apples – 1 apple, and Milk- 1 c Snack: Graham Crackers – 8 pcs & Chilled Peaches – ¾ c	15 Breakfast: Waffles – 2 pcs, Chilled Pineapples – ½ c, Milk – ¾ c Snack: Ritz Cracker- 8 pcs & Watermelon – ½ c	16 Breakfast: Cereal –1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Corn Bread – 2 pcs, & Applesauce – ½ c	17 Breakfast: Cereal – 1 ½ c, Chilled Pineapples– ½ c and Milk- 1c Snack: Graham Crackers – 8 pcs, and Watermelon – ½ c
20 Breakfast: Waffles – 2 pcs, Chilled Peaches – ½ c and Milk- 1 c Snack: Ritz Cracker-8 pcs & Diced Pears – ½ c	21 Breakfast: Cereal –1 ½ c, Orange Wedges – 1 orange, and Milk- 1 c Snack: Graham Crackers – 8 pcs and Watermelon – ½ c	22 Breakfast: Waffles - 2 pcs., Banana – 1 banana, & Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, & Honey Dew Melon – ½ c	23 Breakfast: Cereal – 1 ½ c, Applesauce – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs, & Chilled Peaches – ½ c	24 Breakfast: Cereal –1 ½ c, Pineapple Chunks – ½ c & Milk- 1 c Snack: Club House Cracker- 10 pcs and Diced Pears – ½ c
27 CLOSED MEMORIAL DAY Holiday Observed	28 Breakfast: Waffles – 2 pcs, Chilled Peaches – ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, and Pears – ½ c	29 Breakfast: Hard boiled Egg Δ – 2 Eggs , Banana - 1, Whole Wheat Bread – 1 slice & Milk- 1 c Snack: Ritz Crackers – 8 pcs & Pineapples – ½ c	30 Breakfast: Cereal – 1 ½ c, Diced Pears – ½ c, and Milk- 1 c Snack: Club House Crackers- 10 pcs & Applesauce – ½ c	31 Breakfast: Cereal – 1 ½ c, Apple Slices - 1 , and Milk- 1 c Snack: Graham Crackers – 8 pcs, & Watermelon – ½ c

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 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.