

SEAGULL SCHOOLS, INC.
MARCH 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Stew - ½ c Steamed Rice – ¼ c Succotash – ¼ c Pineapple chunks – ½ c	2 Tuna Salad Sandwich Δ – ½ sandwich Cheese – 1 slice □ Cut Broccoli – ¼ c Orange – ½ orange
5 Meatballs with Gravy – Steamed Rice – ¼ c Corn – ¼ c Fruit Cocktail – ¼ c	6 Spaghetti w/ Meat Sauce □ – ½ c Peas & Carrots – ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	7 Tofu Hekka w/ Veggies – ½ c Steamed Rice - ¼ c Cut Broccoli - ¼ c Banana – ½ banana	8 Chicken ala King – ½ c Steamed Rice – ¼ c Cut Green Beans - ¼ c Mandarin Oranges – ¼ c	9 Chicken Breast Salad Sandwich – ½ sandwich★ Cheese – 1 slice □ Cut Broccoli - ¼ c Apple Wedges – ½ apple
12 Portuguese Bean Soup w/vegetables - ½ c Steamed Rice – ¼ c Cut Green Beans - ¼ c Pineapples – ¼ c	13 Turkey Crisp - ¼ c □ ■ Steamed Rice - ¼ c Peas- ¼ c Apple Slices – ½ apple	14 Vegetable Soup - ½ c Yogurt – 1 yogurt Broccoli - ¼ c Chilled Peaches – ¼ c Taro Roll – 1 roll	15 Roast Pork with Gravy □ – ¼ c Mashed Potatoes - ¼ c Mandarin Oranges - ¼ c Corn – ¼ c Whole Wheat Bread- 1 slice	16 Egg Salad Sandwich - ½ sandwich Δ★ Cheese – 1 slice □ Cut Broccoli – ¼ c Orange Wedges - ½ orange
19 Hamburger Patty with Gravy – 1 piece Mashed Potatoes - ¼ c Corn - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread - 1 slice	20 Chicken Curry – ½ c Steamed Rice – ¼ c Peas and Carrots – ¼ c Mandarin Oranges – ¼ c	21 Vegetable Lasagna - ½ c □ Peas - ¼ c Yogurt - 1 yogurt Diced Pears – ½ c Whole Wheat Bread – 1 slice	22 Kalua Pork and Cabbage – 1c Steamed Rice – ¼ c Succotash – ¼ c Pineapple chunks – ½ c	23 Cold Cut w/Cheese sandwich Δ★ □- ½ sandwich, 1 slice cheese Cut Broccoli - ¼ c Orange Wedges – ½ orange
26 CLOSED Prince Kuhio Day HOLIDAY	27 CLOSED STAFF IN-SERVICE TRAINING	28 Macaroni and Cheese □ ■ - ½ c Yogurt - 1 Peas - ¼ c Chilled Peaches - ¼ c Whole Wheat Bread – 1 slice	29 Tuna Salad Sandwich Δ – ½ sandwich Cheese – 1 slice □ Cut Broccoli – ¼ c Orange – ½ orange	30 CLOSED Good Friday HOLIDAY

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 ■ May contain milk product.

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

All meals are served with 1% skim milk for 2 year olds and older. Whole Milk served to 18-24 month 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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