

SEAGULL SCHOOLS, INC.
SEPTEMBER 2017 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Breast Salad Sandwich★ - 1 sandwich Cheese □ - 2 slices Cut Broccoli - ½ c Apple - ½ apple
4 CLOSED LABOR DAY HOLIDAY	5 Hamburger Patty w/ gravy - 1 piece Mashed Potatoes- ½ c Corn - ½ c Chilled Peaches - ½ c Whole Wheat Bread - 2 slices	6 Macaroni & Cheese □- 1 c Yogurt - 2 yogurts Peas - ½ c Banana - ½ banana Whole Wheat Bread - 1 slice	7 Portuguese Bean Soup w/ vegetables - 1 c Steamed Rice- ½ c Cut Green Beans- ½ c Apples - ½ apple Whole Wheat Bread- 1 slice	8 Tuna Sandwich★ - 1 sandwich Cut Broccoli - ½ c Cheese □ - 2 slices Chilled Pears- ½ c
11 (2 Subs per adult) Meatball Sub - 5 meatballs Δ Bun - 1 bun Mixed Vegetables - ½ c Cantaloupe - ½ c	12 Chicken Vegetable Stew - 1 c Steamed Rice- ½ c Corn - ½ c Mandarin Oranges - ½ c Whole Wheat Bread - 1 slice	13 Vegetable Lasagna□ - 1 c Peas - ½ c Yogurt - 2 yogurts Chilled Pears - ¾ c Whole Wheat Bread - 1 slice	14 Kalua Pork & Cabbage- 1 c Steamed Rice- ½ c Succotash - ½ c Mandarin Oranges - ½ c Whole Wheat Bread - 1 slice	15 Cold Cut Sandwich★ - 1 sandwich Cut Broccoli - ½ c Cheese □ - 2 slices Oranges Wedges - ½ orange
18 Chicken Long Rice □ - 1 c Steamed Rice- ½ c Peas and Carrots - ½ c Honeydew Melon - ½ c Whole Wheat Bread - 1 slice	19 Spaghetti w/ meat sauce □ - 1 c Cut Green Beans - ½ c Chilled Pears - ½ c Whole Wheat Bread - 1 slice	20 Veggie Tofu Chili □ Steamed Rice- ½ c Corn - ½ c Banana - ½ banana Whole Wheat Bread - 1 slice	21 Roast Pork - ½ c Mashed Potatoes - ½ c Corn - ½ c Chilled Pineapples - ½ c Whole Wheat Bread- 2 slices	22 Egg Salad Sandwich - 1 sandwich Δ ★ Cut Broccoli - ½ c Cheese □ - 2 slice Orange Wedge - ½ orange
25 Teriyaki Meatballs - 10 pieces Δ Steamed Rice - ½ c Corn- ½ c Fruit Cocktail - ½ c Whole Wheat Bread - 1 slice	26 Beef Macaroni w/ Cheese □ - 1 c Cut Green Beans - ½ c Chilled Peaches - ¾ c Whole Wheat Bread - 1 slice	27 Vegetable Soup - 1 c Yogurt -2 yogurts Peas - ½ c Apple Slices - ¾ c Taro Rolls - 2 pcs	28 Beef Stew w/ Vegetables - 1 c Steamed Rice - ½ c Cut Spinach - ½ c Cantaloupe - ¾ c Whole Wheat Bread - 1 slice	29 Tuna Sandwich★ - 1 sandwich Cheese □ - 2 slices Cut Broccoli - ½ c Apple - ½ apple

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 to ages 2 years old and older. Whole milk is served to toddlers 18-24 months old.

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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