

SEAGULL SCHOOLS, INC.
JANUARY 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED New Year's Day Holiday	2 Chicken Long Rice - ½ c Steamed Rice- ¼ c Succotash - ¼ c Chilled Pears - ¼ c	3 Vegetable Lasagna - ½ c □ Yogurt – 1 yogurt Carrots & Peas -¼ c Chilled Peaches - ¼ c Whole Wheat Bread –1 slice	4 Beef Stew with Vegetables- ½ c Steamed Rice- ¼ c Corn - ¼ c Orange Wedges – ½ orange	5 Egg Salad Sandwich - ½ sandwich * Δ Broccoli - ¼ c Cheese – 1 slice □ Banana – ½ banana
8 Hamburger Patty w/ gravy – 1 patty Mashed Potatoes - ¼ c Corn - ¼ c Diced Pears – ¼ c Whole Wheat Bread –1 slice	9 Chicken Curry - ½ c Steamed Rice- ¼ c Mixed Vegetables - ¼ c Fruit Cocktail – ¼ c	10 Tofu Hekka w/ Veggies – ½ c Steamed Rice – ¼ c Cut Broccoli – ¼ c Banana – ½ banana	11 Beef Macaroni w/ meat sauce & Cheese - ½ c □ Peas -¼ c Mandarin Oranges – ¼ c Whole Wheat Bread – 1 slice	12 Chicken Salad Sandwich - ½ sandwich Δ* Cheese -1 slice □ Broccoli - ¼ c Orange Wedges – ½ orange
15 CLOSED Martin Luther King Jr. Day Holiday	16 Teriyaki Meatballs - 5 pieces Δ Steamed Rice - ¼ c Mandarin Oranges – ¼ c Corn - ¼ c	17 Macaroni & Cheese - ½ c □ Yogurt – 1 yogurt Peas - ¼ c Orange Wedges – ½ orange Whole Wheat Bread – 1 slice	18 Roast Pork- ¼ c Mashed Potatoes - ¼ c Edamame tempura - ¼ c Applesauce- ¼ c Whole Wheat Bread –1 slice	19 Tuna Salad Sandwich - ½ sandwich Δ Cheese-1 slice□ Broccoli - ¼ c Banana – ½ banana
22 Spaghetti w/ meat sauce ½ cup □ Peas - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread- 1 slice	23 Chicken a la King – ½ c Steamed Rice – ¼ c Diced Carrots – ¼ c Fruit Cocktail – ¼ c	24 Vegetable Soup - ½ c Yogurt – 1 yogurt Cut Broccoli - ¼ c Pineapple Chunks – ¼ c Taro Roll – 1 roll	25 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Succotash- ¼ c Mandarin Oranges – ¼ c	26 Cold Cut Sandwich- ½ sandwich Δ* Cheese -1 slice □ Broccoli - ¼ c Orange Wedges – ½ orange
29 Portuguese Bean Soup w/ vegetables – ½ c Steamed Rice – ¼ c Cut Green Beans – ¼ c Mandarin Oranges – ¼ c	30 Hamburger Curry - ½ c Steamed Rice- ¼ c Succotash- ¼ c Chilled Peaches – ¼ c	31 Vegetable Lasagna - ½ c □ Yogurt – 1 yogurt Peas -¼ c Diced Pears - ¼ c Whole Wheat Bread –1 slice		

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 old and older. Whole milk is 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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