

SEAGULL SCHOOLS, INC.
JULY 2017 PRESCHOOL BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 (Ocean Pointe CLOSED)</p> <p>Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c</p> <p>Snack: Grape Juice – ½ c and Ritz Crackers – 4 crackers</p>	<p>4</p> <p>ALL CAMPUSES CLOSED</p> <p>4th OF JULY</p> <p>HOLIDAY OBSERVED</p>	<p>5</p> <p>Breakfast: Cereal – 1/3 c, Orange – 1 orange, and Milk- ¾ c</p> <p>Snack: Buttered Toast – ½ slice and Apples – ½ apple</p>	<p>6</p> <p>Breakfast: Corn Bread – 1 pc bread, Diced Pears – ½ c and Milk- ¾ c</p> <p>Snack: Goldfish Cracker-19 pcs & Fruit Cocktail – ½ c</p>	<p>7</p> <p>Breakfast: Cereal – 1/3 c, Applesauce – ½ c, & Milk- ¾ c</p> <p>Snack: Nilla Wafer-4 wafer and Grape Juice- ½ c</p>
<p>10</p> <p>Breakfast: Cereal – 1/3 c, Orange Wedges – 1 orange, and Milk- ¾ c</p> <p>Snack: Ritz Cracker- 4 cracker and Pineapple Chunks – ½ c</p>	<p>11</p> <p>Breakfast: Egg – 1 Egg, Apple Wedges – 1 apple, bread – ½ slice, and Milk- ¾ c</p> <p>Snack: Clubhouse Crackers-5 pcs & Chilled Peaches - ½ c</p>	<p>12</p> <p>Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c</p> <p>Snack: Cinnamon Toast- ½ slice and Diced Pears – ½ c</p>	<p>13</p> <p>Breakfast: Honey Oat Bread – 1 pc bread, Mandarin Oranges – ½ c, Milk ¾ c</p> <p>Snack: Graham Cracker – 4 pcs & Apple Juice – ½ c</p>	<p>14</p> <p>Breakfast: Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c</p> <p>Snack: Goldfish Cracker-19 pcs, & Grape Juice- ½ c</p>
<p>17</p> <p>Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c</p> <p>Snack: Gold Fish Cracker-19 pcs and Fruit Cocktail – ½ c</p>	<p>18</p> <p>Breakfast: French Toast- 2 sticks, Apple Slices – 1 apple and Milk- ¾ c</p> <p>Snack: Clubhouse Crackers – 5 pcs & Chilled Peaches – ½ c</p>	<p>19</p> <p>Breakfast: Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c</p> <p>Snack: Ritz Cracker-4 cracker and Pineapple Chunks – ½ c</p>	<p>20</p> <p>Breakfast: Blue Berry Bagel- 1 piece, Orange Wedges – 1 orange, and Milk- ¾ c</p> <p>Snack: Nilla Wafers – 4 pcs and Grape Juice – ½ c</p>	<p>21</p> <p>Breakfast: Cereal – 1/3 c, Diced Pears – ½ c, and Milk- ¾ c</p> <p>Snack: Cinnamon Toast- ½ slice and Apple Juice – ½ c</p>
<p>24</p> <p>Breakfast: Cereal – 1/3 c, Apple Wedges – ½ apple, and Milk- ¾ c</p> <p>Snack: Graham Cracker – 4 pcs & Apple Juice – ½ c</p>	<p>25</p> <p>Breakfast: Pancakes-1 pancakes, Chilled Pears – ½ c, and Milk- ¾ c</p> <p>Snack: Clubhouse Crackers – 5 pcs, Apples Wedges- 1 apple</p>	<p>26</p> <p>Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c</p> <p>Snack: Nilla Wafer – 4 pcs, & Grape Juice- ½ c</p>	<p>27</p> <p>Breakfast: Egg – 1 Egg, Apple Wedges – 1 apple, bread – ½ slice, and Milk- ¾ c</p> <p>Snack: Banana – 1 banana, and Goldfish Cracker – 19 pcs</p>	<p>28</p> <p>Breakfast: Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c</p> <p>Snack: Cinnamon Toast – ½ slice, Sliced Peaches – ½ c</p>

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds
 Δ May contain egg product. □ May contain cheese.

SERVINGS FOR FLUIDS = ¾ C Milk or ½ C Juice for 3 – 5 year olds
 ★ May contain mayonnaise. ■ May contain dairy product.

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

Seagull Schools reserves the right to change meals at any time

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