

**SEAGULL SCHOOLS, INC.**  
**FEBRUARY 2019 ADC LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>REVISED 1.31.2019</b>			<b>1</b> <b>Ham Sandwich*</b> – 1 sandwich Cheese □ – 2 slices Cut Broccoli – ½ c Apple Slices – ½ apple
<b>4</b> Chili – 1 c <b>Steamed Rice-</b> ½ c Mixed Vegetables- ½ c Chilled Peaches – ½ c Whole Wheat Bread- 1 slice	<b>5</b> Portuguese Bean Soup w/ vegetables - 1 c <b>Steamed Rice-</b> ½ c Cut Green Beans- ½ c Apples – ½ apple Whole Wheat Bread- 1 slice	<b>6</b> Macaroni & Cheese □- 1 c Yogurt – 2 yogurts Peas - ½ c Banana – ½ banana <b>Whole Wheat Bread – 2 slices</b>	<b>7</b> Kalua Pork & Cabbage- 1 c <b>Steamed Rice-</b> ½ c Succotash - ½ c Pineapple Chunks – ½ c Whole Wheat Bread - 1 slice	<b>8</b> <b>Tuna Salad Sandwich* - 1 sandwich</b> Cut Broccoli - ½ c Cheese □ - 2 slices Chilled Peaches – ½ c
<b>11</b> Hamburger Curry – 1 c <b>Steamed Rice - ½ c</b> Cut Green Beans - ½ c Chilled Peaches – ½ c Whole Wheat Bread - 1 slice	<b>12</b> Chicken Vegetable Stew – 1 c <b>Steamed Rice-</b> ½ c Corn – ½ c Diced Carrots – ½ c Whole Wheat Bread - 1 slice	<b>13</b> Vegetable Lasagna□ – 1 c Peas - ½ c Yogurt – 2 yogurts Apple Slices – ½ apple <b>Whole Wheat Bread - 2 slices</b>	<b>14</b> Roast Pork - ½ c Mashed Potatoes - ½ c Corn - ½ c Chilled Pineapples – ½ c <b>Whole Wheat Bread- 2 slices</b>	<b>15</b> <b>Chicken Breast Sandwich* - 1 sandwich</b> Cut Broccoli - ½ c Cheese □ - 2 slices Banana – ½ banana
<b>18</b> <b>CLOSED</b> <b>PRESIDENTS DAY</b> <b>HOLIDAY</b>	<b>19</b> Chicken Long Rice □ – 1 c <b>Steamed Rice-</b> ½ c Peas and Carrots - ½ c Chilled Pears – ½ c Whole Wheat Bread - 1 slice	<b>20</b> Tofu & Vegetable Hekka – 1 c <b>Steamed Rice-</b> ½ c Corn - ½ c Banana – ½ banana Whole Wheat Bread - 1 slice	<b>21</b> Beef Macaroni w/ Cheese □ - 1 c Cut Green Beans - ½ c Pineapple Chunks – ½ c <b>Whole Wheat Bread - 2 slices</b>	<b>22</b> <b>Egg Salad Sandwich - 1 sandwich Δ *</b> Cut Broccoli - ½ c Cheese □ - 2 slice Apple Slices – ½ apple
<b>25</b> Chicken Ala King – 1 c <b>Steamed Rice-</b> ½ c Mixed Vegetables - ½ c Diced Pears – ½ c Whole Wheat Bread - 1 slice	<b>26</b> Spaghetti w/ meat sauce □ - 1 c Cut Broccoli - ½ c Pineapples – ½ c <b>Whole Wheat Bread - 2 slices</b>	<b>27</b> 3 Bean Chili – 1 c <b>Steamed Rice – ½ c</b> Peas - ½ c Apple Slices – ¾ c <b>Taro Rolls – 2 pcs</b>	<b>28</b> Hamburger Stew w/ Vegetables – 1 c <b>Steamed Rice – ½ c</b> Cut Green Beans – ½ c Chilled Peaches – ½ c Whole Wheat Bread - 1 slice	<b>3/1</b> <b>Tuna Sandwich* – 1 sandwich</b> 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.      Items in **bold** indicate daily required serving of a whole grain component.

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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