

SEAGULL SCHOOLS, INC.
DECEMBER 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger Curry - ½ c Steamed Rice - ¼ c Corn - ¼ cup Diced Pears - ¼ cup	4 Chili – ½ c Steamed Rice – ¼ c Succotash – ¼ c Pineapple Chunks – ¼ c	5 Vegetable Soup - ½ c □ Yogurt – 1 yogurt Broccoli - ¼ c Chilled Peaches - ¼ c Whole Wheat Bread – 1 slice	6 Spaghetti w/ Meat Sauce □ – ½ c Peas - ¼ c Applesauce- ¼ c Whole Wheat Bread – 1 slice	7 Egg Salad Sandwich - ½ sandwich ★Δ Cut Broccoli - ¼ c Cheese-1 slice□ Banana – ½ banana
10 Portuguese Bean Soup w/vegetables- ½ c Steamed Rice- ¼ c Cut Green Beans- ¼ c Apples – ½ apple	11 Turkey Crisp - ½ c Steamed Rice- ¼ c Diced Carrots - ¼ c Chilled Peaches – ¼ c	12 Vegetable Lasagna□ - ½ c Yogurt – 1 yogurt Peas -¼ c Pineapple Chunks - ¼ c Whole Wheat Bread – 1 slice	13 Long Rice Chicken Hekka w/Vegetables and Tofu- ½ c Steamed Rice - ¼ c Peas- ¼ c Succotash Pineapple Chunks – ¼ c	14 Tuna Salad Sandwich - ½ sandwich□ Cut Broccoli - ¼ c Orange Wedges – ½ orange Cheese-1 slice□
17 Beef Macaroni ½ c □ Peas -¼ c Apples- ½ apple Whole Wheat Bread – 1 slice	18 Shoyu Chicken– ¼ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Chilled Pears - ¼ c	19 Tofu Hekka with Vegetables - ½ c Steamed Rice- ¼ c Cut Broccoli - ¼ c Chilled Peaches – ¼ c	20 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Succotash- ¼ c Pineapple Chunks- ¼ c	21 Chicken Breast Sandwich- ½ sandwich ★Δ Cut Broccoli - ¼ c Cheese-1 slice□ Banana – 1 banana
24 Tuna Salad Sandwich - ½ sandwich □ Cut Broccoli - ¼ c Orange Wedges – ½ orange Cheese – 1 slice □	25 26 27 28 <div style="text-align: center; font-size: 2em; font-weight: bold; color: yellow;"> CLOSED FOR WINTER BREAK TILL JANUARY 2ND 2019!!! </div> <div style="text-align: center; font-size: 3em; font-weight: bold; color: green;"> CHRISTMAS </div> <div style="text-align: center; font-size: 1.5em; font-weight: bold; color: red;"> HOLIDAY OBSERVED </div>			

12/24 Half day only --
 Close at Noon!!!

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 Juice for 3 – 5 year olds
 ★May contain mayonnaise. ■ May contain dairy product.

All meals are served with 1% skim milk for 2 years old and older. Whole milk is served to toddlers 18-24 months old. Whole Seagull Schools reserves the right to change meals at any time
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