

SEAGULL SCHOOLS, INC.  
JULY 2018 PRESCHOOL BREAKFAST/SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <b>Breakfast:</b> Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Ritz Crackers – 5 pcs and Apple Juice – ½ c</p>	<p><b>3</b> <b>Breakfast:</b> Waffles – 1 pc, Chilled Peaches – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Graham Crackers – 4 pcs and Apples – 1 apple</p>	<p><b>4</b> <b>CLOSED</b> <b>4<sup>TH</sup> OF JULY</b> <b>HOLIDAY</b></p>	<p><b>5</b> <b>Breakfast:</b> Cereal – 1/3 c, Apple Slices – 1 apple and Milk- ¾ c</p> <p><b>Snack:</b> Cornbread – 1 pc and Chilled Pineapples – ½ c</p>	<p><b>6</b> <b>Breakfast:</b> Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Cheese Its – 10 pcs and Grape Juice- ½ c</p>
<p><b>9</b> <b>Breakfast:</b> Cereal – 1/3 c, Apple Slices – 1 apple, and Milk- ¾ c</p> <p><b>Snack:</b> Clubhouse Crackers – 5 pcs, &amp; Chilled Peaches- ½ c</p>	<p><b>10</b> <b>Breakfast:</b> Waffles – 1 pc, Apple Slices – 1 apple and Milk- ¾ c</p> <p><b>Snack:</b> Ritz Cracker- 5 cracker and Grape Juice – ½ c</p>	<p><b>11</b> <b>Breakfast:</b> Cereal – 1/3 c, Diced Pears – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Graham Crackers – 4 pcs, &amp; Banana – 1 banana</p>	<p><b>12</b> <b>Breakfast:</b> Honey Oat Bread-1 piece, Apples – 1 apple, and Milk- ¾ c</p> <p><b>Snack:</b> Goldfish Crackers – 19 pcs, &amp; Apple Juice – ½ c</p>	<p><b>13</b> <b>Breakfast:</b> Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c</p> <p><b>Snack:</b> Club House Cracker - 5 crackers &amp; Applesauce – ½ c</p>
<p><b>16</b> <b>Breakfast:</b> Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Graham Crackers – 4 pcs, &amp; Apple Juice - ½ c</p>	<p><b>17</b> <b>Breakfast:</b> Waffles -1 pc, Diced Pears – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Goldfish Crackers – 19 pcs and Grape Juice- ½ c</p>	<p><b>18</b> <b>Breakfast:</b> Cereal – 1/3 c, Pineapple Chunks – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Cornbread – 1 pc and Diced Pears – ½ c</p>	<p><b>19</b> <b>Breakfast:</b> Sweet Bread – 1 pcs, Chilled Peaches – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Clubhouse Cracker - 5 crackers and Banana – 1 banana</p>	<p><b>20</b> <b>Breakfast:</b> Cereal – 1/3 c, Apple Slices- 1 apple, and Milk- ¾ c</p> <p><b>Snack:</b> Ritz Crackers – 5 pcs &amp; Mandarin Oranges – ½ c</p>
<p><b>23</b> <b>Breakfast:</b> Cereal – 1/3 c, Chilled Pineapples – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Graham Cracker - 4 pcs &amp; Banana – 1 banana</p>	<p><b>24</b> <b>Breakfast:</b> Waffles -1 pc, Apple Slices – 1 apple, and Milk- ¾ c</p> <p><b>Snack:</b> Clubhouse Crackers – 5 pcs, &amp; Pineapple chunks- ½ c</p>	<p><b>25</b> <b>Breakfast:</b> Cereal – 1/3 c, Applesauce – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Cheese Its – 10 pcs &amp; Grape Juice - ½ c</p>	<p><b>26</b> <b>Breakfast:</b> Cornbread – 1 pc, Chilled Pineapples, and Milk- ¾ c</p> <p><b>Snack:</b> Goldfish Crackers – 19 pcs, &amp; Banana – 1 banana</p>	<p><b>27</b> <b>Breakfast:</b> Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Ritz Cracker - 5 crackers &amp; Fruit Cocktail – ½ c</p>
<p><b>30</b> <b>Breakfast:</b> Cereal – 1/3 c, Diced Pears – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Clubhouse Crackers – 19 pcs &amp; Apple Juice – ½ c</p>	<p><b>31</b> <b>Breakfast:</b> Honey Oat Bread – 1 pc, Chilled Peaches – ½ c, and Milk- ¾ c</p> <p><b>Snack:</b> Graham Crackers – 4 pcs &amp; Fruit Cocktail – ½ c</p>			

Δ May contain egg product.    □ May contain cheese.    ★ May contain mayonnaise.    Items in **bold** indicate daily required serving of a whole grain component.

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

All meals are served with 1% skim milk for ages 2 years and older. Whole Milk 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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