

SEAGULL SCHOOLS, INC.
NOVEMBER 2017 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Macaroni and Cheese □ - 1 c Yogurt - 1 yogurt Peas - ½ c Honeydew Melon - ¾ c Whole Wheat Bread - 2 slices	2 Kalua Pork and Cabbage - 1 c Steamed Rice - ½ c Mixed Vegetables - ½ c Chilled Peaches - ½ c Whole Wheat Bread - 1 slice	3 Tuna Sandwich★ - 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices □ Banana - ½ banana
6 Spaghetti w/ Meat Sauce □ - ½ c Peas - ½ c Mandarin Oranges - ½ c Whole Wheat Bread- 2 slices	7 Chicken Curry - 1 c Steamed Rice- ½ c Cut Green Beans - ½ c Chilled Peaches - ¾ c Whole Wheat Bread- 1 slice	8 Vegetable Soup - 1 c Yogurt - 1 c Peas and Carrots - ½ c Pineapple Chunks - ½ c Taro Roll - 2 pcs	9 Cold Cut w/ Cheese Sandwich- 1 sandwich □★ Cut Broccoli - ½ c Orange Wedges - ½ orange	10 CLOSED Veteran's Day Holiday
13 Hamburger Patty w/ Gravy - 1 pc Mashed Potatoes- ½ c Cut Green Beans - ½ c Apple Slices - ½ apple Whole Wheat Bread- 2 slices	14 Chicken Long Rice - 1 c Steamed Rice- ½ c Succotash - ½ c Mandarin Oranges - ½ c Whole Wheat Bread- 1 slice	15 Vegetable Lasagna - 1 c □ Peas - ½ c Yogurt- 1 c Banana - ½ banana Whole Wheat Bread - 2 slices	16 Portuguese Bean Soup - 1 c Steamed Rice- ½ c Cut Green Beans- ½ c Chilled Peaches - ½ c Whole Wheat Bread- 1 slice	17 Chicken Breast Sandwich - 1 sandwich★ Cheese -2 slice □ Cut Broccoli - ½ c Orange Wedges - ½ orange
20 Meatballs w/ Gravy - 10 pieces Δ Steamed Rice- ½ c Corn - ½ c Chilled Peaches - ½ c Whole Wheat Bread- 1 slice	21 Turkey w/ Gravy - 2 slices Whole Wheat Stuffing - ½ c Cut Green Beans - ½ c Mashed Potatoes - ½ c Apple Slices - ½ apple Cranberry Sauce - 2 pcs. Pumpkin Bread - 1 pc	22 Egg Salad Sandwich Δ★- 1 sandwich Cut Broccoli - ½ c Cheese-2 slices □ Orange Wedges - ½ orange	23 CLOSED Thanksgiving Day Holiday	24 CLOSED Staff In-Service Training
27 Hamburger Stew- 1 c Steamed Rice- ½ c Corn- ½ c Pineapple Chunks - ½ Whole Wheat Bread- 1 slice	28 Chicken Ala King - 1 c Steamed Rice - ½ c Broccoli - ½ c Mandarin Oranges - ½ c Whole Wheat Bread - 1 slice	29 Tofu & Veggie Hekka - 1 c Steamed Rice- ½ c Edamame Succotash - ½ c Chilled Peaches - ½ c Whole Wheat Bread - 1 slice	30 Roast Pork - ½ c Steamed Rice - ½ c Peas - ½ c Fruit Cocktail - ½ c Whole Wheat Bread - 1 slice	31 Tuna Salad Sandwich★- 1 sandwich Cut Broccoli - ½ c Cheese-2 slices □ Banana - ½ banana

SERVINGS FOR FLUIDS = 1 C Milk or Juice

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 served to 18-24 month old toddlers.

Seagull Schools reserves the right to change meals at any time

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