

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: Cereal – 1/3 c, Banana – 1 banana, & Milk- ¾ c Snack: Cornbread – 1 pc, & Apple Slices – 1 apple	2 Breakfast: Egg – 1 Egg, Chilled Pineapples – ½ c, Bread – 1 pc and Milk- ¾ c Snack: Club House Cracker-5 crackers & Grape Juice- ½ c	3 Breakfast: Cereal – 1/3 c, Banana – 1 banana, & Milk- ¾ c Snack: Ritz Crackers – 5 pcs & Chilled Peaches – ½ c
6 Breakfast: Cereal – 1/3 c, Apple Slices- 1 apple, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, Grape Juice – ½ c	7 Breakfast: Waffles -1 piece, Chilled Pears Pineapples - ½ c, and Milk- ¾ c Snack: Clubhouse crackers -5 cracker and Applesauce- ½ c	8 Breakfast: Cereal – 1/3 c, Banana - 1, and Milk- ¾ c Snack: Wheat Thins – 6 pcs, and Chilled Pineapples – ½ c	9 Breakfast: Corn Bread-1 piece, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Ritz Cracker -5 pcs & Banana – 1 banana	10 Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, and Apple Juice – ½ c
13 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs, & Chilled Pineapples – ½ c	14 Breakfast: Sweet Bread – 1 pc, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Graham Crackers – 4 pcs & Chilled Peaches – ½ c	15 Breakfast: Cereal – 1/3 c, Banana – 1 banana, and Milk- ¾ c Snack: Ritz Cracker-5 crackers & Apple Juice – ½ c	16 EEC, KAILUA, KAPOLEI & KOOLINA - CLOSED OCEAN POINTE ONLY: Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, Orange Wedges – 1 orange	17 CLOSED ADMISSIONS DAY Holiday Observed
20 Breakfast: Cereal – 1/3 c, Chilled Pineapples – ½ c, and Milk- ¾ c Snack: Ritz Cracker -5 pcs & Diced Pears Apple Slices – 1 apple	21 Breakfast: Waffles – 1 pc, Chilled Peaches – ½ c and Milk- ¾ c Snack: Graham Crackers – 4 pcs, Orange Wedges – 1 orange	22 Breakfast: Cereal – 1/3 c, Orange – 1 orange, and Milk- ¾ c Snack: Wheat Thins – 6 pcs, and Apple Juice – ½ c	23 Breakfast: Pumpkin Bread -1 piece, Banana – 1 banana, and Milk- ¾ c Snack: Ritz Crackers – 5 pcs and Chilled Peaches – ½ c	24 Breakfast: Cereal – 1/3 c, Diced Pears Applesauce – ½ c, & Milk- ¾ c Snack: Club House Cracker-5 crackers and Grape Juice- ½ c
27 Breakfast: Cereal – 1/3 c, Apple Slices- 1 apple, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, and Apple Juice – ½ c	28 Breakfast: Waffles – 1 pc, Chilled Peaches – ½ c and Milk- ¾ c Snack: Wheat Thins – 6 pcs, and Banana – 1 banana	29 Breakfast: Cereal – 1/3 c, Apple Slices- 1 apple, and Milk- ¾ c Snack: Ritz Cracker- 5 pcs & Chilled Pineapples – ½ c	30 Breakfast: Egg – 1 Egg, Banana – 1 banana, Bread – 1 pc and Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs & Chilled Pears Applesauce – ½ c	31 Breakfast: Cereal – 1/3 c, Orange Wedges – 1, and Milk- ¾ c Snack: Graham Crackers – 4 pcs, and Apple Juice – ½ c

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds

Δ May contain egg product. □ May contain cheese

★ May contain mayonnaise.

SERVINGS FOR FLUIDS = ¾ C Milk or ½ C Juice for 3 – 5 year olds

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

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