

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

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