



SEAGULL SCHOOLS, INC.
SATURDAY LUNCH MENU
DECEMBER 2018

December 1st	December 8 th	December 15 th	December 22 nd	December 29 th
Breakfast: Cereal –1 ½ c, Pineapples – ½ c, and Milk- 1 c Snack: Ritz Crackers – 8 pcs and Chilled Peaches – ½ c Lunch Tuna Sandwich – 1 sandwich * Cut Broccoli - ½ c Cheese-2 slice□ Banana – 1 banana	Breakfast: Cereal –1 ½ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, & Chilled Pineapples – ½ c Lunch Cold Cut Sandwich - 1 sandwich * Cheese Slices □ – 2 Cut Broccoli – ½ c Orange Wedges – ½ orange	Breakfast: Cereal –1 ½ c, Apple Slices – 1 apple, & Milk- 1 c Snack: Ritz Crackers – 8 pcs and Applesauce – ½ c Lunch Tuna Sandwich - 1 sandwich Δ * Cut Broccoli - ½ c Cheese-2 slices□ Chilled Pineapples – ½ c	Breakfast: Cereal –1 ½ c, Apple – 1 apple, and Milk- 1 c Snack: Graham cracker – 8 pcs and Honey Dew Melon – ½ c Lunch Chicken Breast Sandwich - 1 sandwich * Cheese slices - 2 Cut Broccoli - ½ c Chilled Peaches – ½ c	Breakfast: Cereal – 1 ½ c, Honey Dew Melon – ½ c , and Milk- 1 c Snack: Clubhouse Crackers – 10 pcs, and Chilled Peaches – ½ c Lunch Egg Salad Sandwich – 1 sandwich Δ* Cut Broccoli - ½ c Cheese-2 slice□ Diced Pears – ½ c

Δ May contain egg product.

□ May contain cheese.

*****May contain mayonnaise.

BREAKFAST SERVINGS FOR FLUIDS = 1 C Milk for Adults

SNACK SERVINGS FOR FLUIDS =1 C Juice/Fruit for Adults

Items in **bold** indicate daily required serving of a whole grain component.

All meals are served with 1% skim milk.

Seagull Schools reserves the right to change meals at any time

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