

SEAGULL SCHOOLS, INC.
JULY 2018 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Portuguese Bean Soup - 1 c Steamed Rice - ½ c Cut Green Beans - ½ c Apple Slices - ½ apple Whole Wheat Bread - 1 slice	3 Chicken Long Rice - 1 c Steamed Rice - ½ c Mixed Vegetables - ½ c Pineapple Chunks - ½ c Whole Wheat Bread - 1 slice	4 CLOSED 4TH OF JULY Holiday	5 Hamburger Stew - 1 c Steamed Rice - ½ c Peas and Carrots - ½ c Chilled Peaches - ½ c Whole Wheat Bread - 1 slice	6 Chicken Breast Sandwich- 1 sandwich* Cut Broccoli - ½ c Cheese - 2 slices□ Chilled Pineapples - ½ c
9 Chili - 1 c Steamed Rice - ½ c Cut Broccoli - ½ c Chilled Peaches - ½ c Whole Wheat Bread - 1 slice	10 Chicken Hekka - 1 c Steamed Rice - ½ c Corn - ½ c Apple Slices - ½ apple Whole Wheat Bread - 1 slice	11 Veggie Lasagna - 1 c□ Cut Green Beans - ½ c Yogurt- 2 yogurts Honeydew Melon - ½ c Whole Wheat Bread - 2 slices	12 Chicken Ala King - 1 c Steamed Rice - ½ c Peas - ½ c Corn - ½ Whole Wheat Bread - 1 slice	13 Tuna Salad Sandwich Δ*- 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices□ Banana - 1 banana
16 Hamburger Curry - 1 c Steamed Rice - ½ c Peas and Carrots - ½ c Apple Slices - ½ apple Whole Wheat Bread - 1 slice	17 Chicken Vegetable Stew - 1c Steamed Rice - ½ c Corn - ½ c Mandarin Oranges - ½ c Whole Wheat Bread - 1 slice	18 Vegetable Soup - 1 c Yogurt - 1 c Peas - ½ c Apple Slices - ½ apple Taro Rolls - 2 pcs.	19 Beef Macaroni □ - 1 c Succotash - ½ c Chilled Peaches - ½ c Whole Wheat Bread - 2 slices	20 Cold Cut w/ Cheese Sandwich- 1 sandwich □* Cut Broccoli - ½ c Chilled Pears - ½ c
23 Portuguese Bean Soup - 1 c Steamed Rice - ½ c Succotash - ½ c Chilled Peaches - ½ c Whole Wheat Bread - 1 slice	24 Spaghetti w/ Meat Sauce □ - 1 c Peas - ½ c Corn - ½ c Whole Wheat Bread- 1 slices	25 Tofu Hekka - 1 c Steamed Rice - ½ c Cut Broccoli - ½ c Banana - ½ banana	26 Chicken Curry - 1 c Steamed Rice - ½ c Cut Green Beans - ¼ c Apple Slices - ½ apple	27 Egg Salad Sandwich Δ* - 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices□ Chilled Pineapples - ½ c
30 Baked Chicken w/ Gravy -1 c Steamed Rice - ½ c Corn - ½ c Apple Slices - ½ apple	31 Beef Stew - 1 c Steamed Rice - ½ c Cut Broccoli - ½ c Cut Carrots - ½ c Whole Wheat Bread - 1 slice			

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults

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 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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