

SEAGULL SCHOOLS, INC.  
SATURDAY LUNCH MENU  
NOVEMBER 2017

<b>November 5, 2017</b>	<b>November 12, 2017</b>	<b>November 19, 2017</b>	<b>November 26, 2017</b>	
<p><b>Breakfast:</b> Cereal – 1 ½ c, Fresh Pineapples – ½ c, and Milk - 1 c</p> <p><b>Snack:</b> Nilla Wafers – 8 wafers and Cantaloupe – ¾ c</p> <p><b>Lunch:</b> <b>Tuna Sandwich*- 1 sandwich</b> Cut Broccoli - ½ c Cheese - 2 slices□ Banana – ½ banana</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk - 1 c</p> <p><b>Snack:</b> Club House Cracker- 10 crackers and Apples – ¾ apple</p> <p><b>Lunch:</b> <b>Cold Cut w/ Cheese Sandwich- 1 sandwich □*</b> Cut Broccoli - ½ c Orange Wedges – ½ orange</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Orange Wedges – 1 orange, &amp; Milk - 1 c</p> <p><b>Snack:</b> Gold Fish Cracker - 19 cracker and Watermelon – ¾ c</p> <p><b>Lunch:</b> <b>Chicken Breast Sandwich - 1 sandwich*</b> Cheese -2 slice□ Cut Broccoli - ½ c Orange Wedges – ½ orange</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Apple – 1 apple, and Milk - 1 c</p> <p><b>Snack:</b> Nutri-Grain Bars - 2 bar and Banana – 1 banana</p> <p><b>Lunch:</b> <b>Cold Cut w/ Cheese Sandwich- 1 sandwich □*</b> Cut Broccoli - ½ c Orange Wedges – ½ orange</p>	

△ 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. 8oz. serving for milk or juice for adults.

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.