

SEAGULL SCHOOLS, INC.
FEBRUARY 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Macaroni □ - ½ c Mandarin Oranges - ¼ c Corn - ¼ c Whole Wheat Bread- 1 slice	2 Tuna Salad Sandwich Δ - ½ sandwich Cheese - 1 slice □ Cut Broccoli - ¼ c Orange - ½ orange
5 Meatballs with Gravy – Steamed Rice – ¼ c Succotash – ¼ c Fruit Cocktail – ¼ c	6 Spaghetti w/ Meat Sauce □ – ½ c Peas & Carrots – ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	7 Tofu Hekka w/ Veggies – ½ c Steamed Rice - ¼ c Cut Broccoli - ¼ c Banana – ½ banana	8 Chili with Hamburger – ½ c, Steamed Rice- ¼ c Green Beans - ¼ c Pineapples – ½ c	9 Chicken Breast Salad Sandwich – ½ sandwich★ Cheese – 1 slice □ Cut Broccoli - ¼ c Apple Wedges – ½ apple
12 Portuguese Bean Soup w/vegetables - ½ c Steamed Rice – ¼ c Cut Green Beans - ¼ c Pineapples – ¼ c	13 Turkey Crisp - ¼ c □ ■ Steamed Rice- ¼ c Peas- ¼ c Apple Slices – ½ apple	14 Vegetable Soup - ½ c Yogurt – 1 yogurt Broccoli - ¼ c Chilled Peaches – ¼ c Taro Roll – 1 roll	15 Roast Pork with gravy - ¼ c Mashed Potatoes - ¼ c Corn - ¼ c Chilled Pears - ¼ c Whole Wheat Bread –1 slice	16 Egg Salad Sandwich - ½ sandwich Δ★ Cheese – 1 slice □ Cut Broccoli – ¼ c Orange Wedges - ½ orange
19 CLOSED Presidents Day HOLIDAY	20 Chicken Curry – ½ c Steamed Rice – ¼ c Peas and Carrots – ¼ c Mandarin Oranges – ¼ c	21 Macaroni and Cheese □ ■ - ½ c Peas - ¼ c Yogurt - 1 yogurt Diced Pears – ½ c Whole Wheat Bread – 1 slice	22 Kalua Pork & Cabbage - ½ c Steamed Rice – ¼ c Succotash – ¼ c Pineapple chunks – ½ c	23 Cold Cut w/Cheese sandwich Δ★ □- ½ sandwich, 1 slice cheese Cut Broccoli - ¼ c Orange Wedges – ½ orange
26 Hamburger Patty with Gravy – 1 piece Mashed Potatoes - ¼ c Corn - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread - 1 slice	27 Chicken Long Rice - ½ c Carrots – ¼ c Steamed Rice - ¼ c Chilled Pears - ¼ c	28 Vegetable Lasagna - ½ c □ Yogurt - 1 Peas -¼c Chilled Peaches - ¼ c Whole Wheat Bread – 1 slice		

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

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

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

Δ May contain egg product. □ May contain cheese

★ May contain mayonnaise ■ May contain milk product.

All meals are served with 1% skim milk for 2 year olds and older. Whole Milk served to 18-24 month 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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