

**SEAGULL SCHOOLS, INC.**  
**DECEMBER 2018 ADC LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Hamburger Curry – 1 c <b>Steamed Rice</b> – ½ c Corn - ½ c Diced Pears – ½ c Whole Wheat Bread – 1 slice	<b>4</b> Chili – 1 c <b>Steamed Rice</b> – ½ c Succotash - ½ c Pineapple Chunks – ½ c Whole Wheat Bread- 1 slice	<b>5</b> Vegetable Soup □ - 1 c Broccoli – ½ c Yogurt – 1 c Chilled Peaches – ½ c <b>Whole Wheat Bread</b> – 2 slices	<b>6</b> Spaghetti w/ meat sauce – 1 c Peas - ½ c Applesauce – ½ c Whole Wheat Bread- 2 slices	<b>7</b> <b>Egg Salad Sandwich- 1 sandwich</b> ★Δ Cut Broccoli – ½ c Cheese-2 slices□ Banana – 1 banana
<b>10</b> Portuguese Bean Soup w/vegetables- 1 c <b>Steamed Rice</b> -1/2 c Cut Green Beans- ½ c Apples – 1 apple Whole Wheat Bread – 1 slice	<b>11</b> Turkey Crisp - 1 c <b>Steamed Rice-</b> ½ c Diced Carrots – ½ c Chilled Peaches – ½ c Whole Wheat Bread – 1 slice	<b>12</b> Vegetable Lasagna□ - 1 c Yogurt – 1 c Peas ½ c Pineapple Chunks – ½ c <b>Whole Wheat Bread</b> – 2 slices	<b>13</b> Chicken Long Rice - 1 c <b>Steamed Rice-</b> ½ c Succotash- ½ c Orange wedges – 1 orange Whole Wheat Bread – 1 slice	<b>14</b> <b>Tuna Salad Sandwich- 1 sandwich</b> Δ★ Cheese-2 slices□ Cut Broccoli – ½ c Orange Wedges – 1 orange
<b>17</b> Beef Macaroni- 1 c □ Peas – ½ cup Apples – 1 apple <b>Whole Wheat Bread – 2 slices</b>	<b>18</b> Shoyu Chicken– ¼ c <b>Steamed Rice</b> - ¼ c Mixed Vegetables- ¼ c Chilled Pears - ¼ c Whole Wheat Bread – 1 slice	<b>19</b> Tofu Hekka w/ Veggies – 1 c <b>Steamed Rice-</b> ½ c Cut Broccoli - ½ c Chilled Peaches – ½ c Whole Wheat Bread – 1 slice	<b>20</b> Kalua Pork & Cabbage- 1 c <b>Steamed Rice-</b> ½ c Succotash- ½ c Pineapple Chunks – ½ c Whole Wheat Bread- 1 slice	<b>21</b> <b>Chicken Breast Sandwich- 1 sandwich</b> ★Δ Cut Broccoli – ½ c Cheese-2 slices□ Chilled Peaches – ½ c
<b>24</b> <b>Tuna Salad Sandwich- 1 sandwich</b> Δ★ Cheese-2 slices□ Cut Broccoli – ½ c Orange Wedges – 1 orange	<b>CLOSED</b> <b>CHRISTMAS</b> <b>HOLIDAY OBSERVED</b>	<b>26</b> Hamburger Patty w/ Gravy – 1 piece Mashed Potatoes - ½ c Corn - ½ c Chilled Peaches – ½ c <b>Whole Wheat Bread 2 pcs</b>	<b>27</b> Spaghetti w/ Meat Sauce□ – 1 c Peas - ½ c Pineapple Chunks – ½ c <b>Whole Wheat Bread – 2 slices</b>	<b>28</b> <b>Egg Salad Sandwich – 1 sandwich</b> ★Δ Cut Broccoli – ½ c Cheese -1 slice□ Banana – ½ banana
<b>31</b> <b>Cold Cut Sandwich – 1 sandwich</b> Δ★ Cut Broccoli – ½ c Cheese -1 slice□ Diced Pears – ½ c				

12/24 & 12/31 Half day only -- Close at Noon!!!

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

Δ May contain egg product.

□ May contain cheese.

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, 1 C for Adults

★ May contain mayonnaise.

■ May contain dairy product.

All meals are served with 1% skim milk for 2 years old and older. Whole milk is served to toddlers 18-24 months old. Seagull Schools reserves the right to change meals at any time  
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