


SEAGULL SCHOOLS, INC.
SATURDAY LUNCH MENU
FEBRUARY 2019

February 2, 2019	February 9, 2019	February 16, 2019	February 23, 2019	
<p>Breakfast: Cereal – 1 ½ c, Apple Slices – 1 apple, and Milk - 1 c</p> <p>Snack: Graham Crackers 8 pcs and Chilled Peaches – ½ c</p> <p>Lunch: Ham Sandwich – 1 ★ sandwich Cheese - 2 slices □ Cut Broccoli - ½ c Cantaloupe – ½ c</p>	<p>Breakfast: Cereal – 1 ½ c, Chilled Pears – ½ c and Milk - 1 c</p> <p>Snack: Club House Cracker- 10 & Diced Pears – ½ c</p> <p>Lunch: Tuna Salad Sandwich- 1 sandwich □★ Cut Broccoli – ½ c Cheese – 2 slices Chilled Peaches – ½ c</p>	<p>Breakfast: Cereal – 1 ½ c, Banana – 1 Banana, & Milk - 1 c</p> <p>Snack: Ritz Crackers – 10 pcs and Chilled Peaches – ½ c</p> <p>Lunch: Chicken Breast Sandwich – 1 sandwich★ Cheese - 2 slices □★ Cut Broccoli - ½ c Banana – ½ Banana</p>	<p>Breakfast: Cereal – 1 ½ c, Diced Pears, and Milk - 1 c</p> <p>Snack: Graham Crackers – 8 pcs and Orange Wedges – 1 orange</p> <p>Lunch: Egg Salad Sandwich - 1 sandwich Δ★ Cut Broccoli - ½ c Cheese - 2 slices □ Chilled Peaches – ½ c</p>	

Δ May contain egg product.

□ May contain cheese.

★ May contain Mayonnaise.

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults

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

All meals are served with 1% skim milk.

Seagull Schools operates in accordance with U.S. Department of Agriculture per
age, disability or national origin.

: basis of race, color, sex,