

SEAGULL SCHOOLS, INC.
AUGUST 2018 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Macaroni and Cheese □ - 1 c Yogurt - 1 yogurt Peas- ½ c Chilled Peaches - ½ c Whole Wheat Bread - 1 slice	2 Hamburger Stew - 1 c Steamed Rice- ½ c Succotash - ½ c Sliced Apples - 1 apple Whole Wheat Bread- 1 slice	3 Chicken Salad Sandwich★ - 1 sandwich Cut Broccoli- ½ c Cheese-2 slices □ Banana - 1 banana
6 Chili - 1 c □ Steamed Rice - ½ c Cut Green Beans - ½ c Apple Slices - 1 apple Whole Wheat Bread- 1 slice	7 Chicken Long Rice - 1 c Steamed Rice- ½ c Mixed Vegetables- ½ c Chilled Peaches - ¼ c Whole Wheat Bread- 1 slice	8 Veggie Lasagna - 1 c □ Broccoli - ½ c Yogurt- 1 c Diced Pears - ½ c Whole Wheat Bread - 2 slices	9 Hamburger Curry - 1 c Steamed Rice- ½ c Succotash- ½ c Chilled Pineapples - ½ c Whole Wheat Bread- 1 slice	10 Cold Cut Sandwich- 1 sandwich □Δ★ Cheese-2 slice□ Cut Broccoli - ½ c Orange Wedges - 1 orange
13 Beef Macaroni□ - 1 c Cut Broccoli - ½ c Chilled Pears - ½ c Whole Wheat Bread- 2 slices	14 Chicken Ala King - 1 c Steamed Rice - ½ c Broccoli - ½ c Banana - 1 banana Whole Wheat Bread - 1 slice	15 Vegetable Soup - 1 c Yogurt - 1 c Peas - ½ c Apple Slices - 1 apple Taro Rolls - 2 pcs	16 Egg Salad Sandwich- 1 sandwichΔ★ Cut Broccoli - ½ c Cheese-2 slice□ Banana - 1 banana	17 CLOSED ADMISSIONS DAY Holiday Observed
20 Portuguese Bean Soup - 1 c Steamed Rice- ½ c Cut Green Beans - ½ c Chilled Pineapples - ½ c Whole Wheat Bread- 1 slice	21 Spaghetti w/ Meat Sauce - 1 c Peas - ½ c Banana - 1 banana Whole Wheat Bread- 2 slices	22 Tofu Hekka w/ Vegetables - 1 c Steamed Rice- ½ c Cut Broccoli- ½ c Chilled Peaches - ½ c Whole Wheat Bread - 1 slice	23 Kalua Pork & Cabbage- 1 c Steamed Rice- ½ c Succotash- ½ c Chilled Pineapples - ½ c Whole Wheat Bread- 1 slice	24 Chicken Salad Sandwich★ - 1 sandwich Cut Broccoli- ½ c Cheese-2 slices □ Banana - 1 banana
27 Beef Stew - 1 c Steamed Rice - ½ c Corn - ½ c Chilled Pineapples - ½ c Whole Wheat Bread - 1 slice	28 Chicken Curry - 1 c Steamed Rice - ½ c Cut Broccoli - ½ c Watermelon - ½ c	29 Vegetable Lasagna - 1 c □ Broccoli - ½ c Yogurt- 1 c Honeydew Melon - ½ c Whole Wheat Bread - 2 slices	30 Pork Long Rice- 1 c Steamed Rice- ½ c Mixed Vegetables ½ c Chilled Peaches - ½ c Whole Wheat Bread- 1 slice	31 Tuna Sandwich★ - 1 sandwich Cut Broccoli - ½ c Cheese-2 slices□ Banana - 1 banana

SERVINGS FOR FLUIDS = 1 C Milk or Juice

Δ May contain egg product.

□ May contain cheese.

★ May contain mayonnaise.

All meals are served with 1% skim milk for ages 2 years old and older. Whole Milk served to 18-24 month old toddlers.

Seagull Schools reserves the right to change meals at any time

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