

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

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