

SEAGULL SCHOOLS, INC.
MAY 2019 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Crisp □★ - 1 c 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 □ Chilled Pineapples – ½ c
6 Chili - 1 c □ Steamed Rice – ½ c Corn - 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 Hamburger Patty w/ Gravy - 1 c □ Green Beans - ½ c Mashed Potato – ½ c Apple Slices – 1 apple 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 Peas- ½ c Applesauce – ½ c Whole Wheat Bread- 2 slices	14 Chicken Ala King♦ – 1 c Steamed Rice – ½ c Corn – ½ c Chilled Pineapples – ½ c Whole Wheat Bread – 1 slice	15 Shoyu Chicken – ½ c Steamed Rice – ½ c Diced Carrots - ½ c Chilled Peaches – ½ c Whole Wheat Bread- 1 slice	16 Kalua Pork & Cabbage- 1 c Steamed Rice- ½ c Succotash- ½ c Chilled Pears – ½ c Whole Wheat Bread- 1 slice	17 Egg Salad Sandwich- 1 sandwich Δ★ Cut Broccoli - ½ c Cheese-2 slice □ Banana – 1 banana
20 Portuguese Bean Soup – 1 c Steamed Rice- ½ c Cut Green Beans - ½ c Apple Slices – 1 apple Whole Wheat Bread- 1 slice	21 Spaghetti w/ Meat Sauce – 1 c Peas - ½ c Diced Pears – ½ c 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 Chicken Stew – 1 c Steamed Rice – ½ c Corn – ½ c Chilled Pineapples – ½ c Whole Wheat Bread – 1 slice	24 Chicken Salad Sandwich★- 1 sandwich Cut Broccoli- ½ c Cheese-2 slices □ Chilled Peaches – ½ c
27 CLOSED MEMORIAL DAY Holiday Observed	28 Chicken Curry – 1 c Steamed Rice – ½ c Diced Carrots – ½ c Chilled Peaches – ½ c	29 Hanburger Lasagna - 1 c □ Peas - ½ 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 □ Apple Slices – 1 apple

SERVINGS FOR FLUIDS = 1 C Milk or Juice

Δ May contain egg product.

□ May contain cheese.

★ May contain mayonnaise.

♦ May contain milk.

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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