

SEAGULL SCHOOLS, INC.
 SEPTEMBER 2017 **PRESCHOOL BREAKFAST/SNACK MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Goldfish Crackers – 19 crackers & Orange wedges – 1 orange
4 CLOSED Labor Day Holiday	5 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Goldfish Crackers – 19 crackers & Apples – 1 apple	6 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Graham Crackers – 4 pc & Orange Wedges – 1 orange	7 Breakfast: Blueberry Bagel -1 piece, Pineapple Chunks - ½ c, & Milk- ¾ c Snack: Ritz Crackers – 5 pcs & Apple Juice – ½ c	8 Breakfast: Cereal – 1/3 c, Orange Wedges –1 orange, & Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs & Grape Juice- ½ c
11 Breakfast: Cereal – 1/3 c, Apple Wedges – ½ c, & Milk- ¾ c Snack: Cheese Its – 10 pcs & Apple Slices – 1 apple	12 Breakfast: Pork Patty – 1 patty, Applesauce – ½ c, Bread – ½ slice, & Milk- ¾ c Snack: Cornbread – 1 pc and Fruit Cocktail – ½ c	13 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Ritz Cracker-5 pc & Orange wedges - 1 orange	14 Breakfast: Honey Oat Bread-1 piece , Orange Wedge- 1 orange, & Milk- ¾ c Snack: Goldfish Crackers – 19 pcs & Apple Juice- ½ c	15 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Graham Crackers – 4 pc & Banana – 1 banana
18 Breakfast: Cereal – 1/3 c, Apple Wedges – 1 apple, & Milk- ¾ c Snack: Ritz Cracker-4 cracker & Grape Juice- ½ c	19 Breakfast: Egg – 1 Egg, Chilled Peaches – ½ c, bread – ½ slice, & Milk- ¾ c Snack: Goldfish Crackers – 19 pcs & Apple Slices – 1 apple	20 Breakfast: Cereal – 1/3 c, Orange Wedges – 1 orange, & Milk- ¾ c Snack: Clubhouse Crackers – 5 pcs & Chilled Peaches – ½ c	21 Breakfast: Waffles – 1 waffle, Banana- 1 banana, & Milk- ¾ c Snack: Graham Crackers – 4 pc & Oranges Wedges – 1 orange	22 Breakfast: Cereal – 1/3 c, Applesauce – ½ c, & Milk- ¾ c Snack: Cheese Its – 10 pcs, & Banana – 1 banana
25 Breakfast: Cereal – 1/3 c, Apple – 1 apple, & Milk- ¾ c Snack: Gold Fish Cracker-19 cracker & Apple Juice – ½ c	26 Breakfast: French Toast- 2 sticks, Banana – 1 banana and Milk- ¾ c Snack: Cold Cut – 1 slice & Whole Wheat Bread – ½ slice	27 Breakfast: Cereal – 1/3 c, Chilled Pears – ½ c, & Milk- ¾ c Snack: Graham Crackers – 4 pc, & Banana – 1 banana	28 Breakfast: Corn Bread-1 piece, Orange Wedge- 1 orange, & Milk- ¾ c Snack: Club House Cracker-5 pcs & Apple Slices – 1 apple	29 Breakfast: Cereal – 1/3 c, Chilled Peaches – ½ c, & Milk- ¾ c Snack: Ritz Crackers – 4 pcs & Banana – 1 banana

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds SERVINGS FOR FLUIDS = ¾ C Milk or Juice for 3 – 5 year olds

Δ May contain egg product. □ May contain cheese ★ May contain mayonnaise.

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

Seagull Schools operates in accordance with U.S. Department of Agriculture policy, which prohibits discrimination on the basis of race, color, sex, age, disability, or national origin.

Seagull Schools reserves the right to change meals at any time

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider & employer.