

SEAGULL SCHOOLS, INC.
SEPTEMBER 2018 ADC LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED LABOR DAY HOLIDAY OBSERVED	4 Chili – 1 c Steamed Rice – ½ c Succotash - ½ c Pineapple Chunks – ½ c Whole Wheat Bread- 1 slice	5 Macaroni and Cheese□ - 1 c Broccoli – ½ c Yogurt – 1 c Chilled Peaches – ½ c Whole Wheat Bread – 2 slices	6 Roast Pork- ½ c Steamed Rice - ½ c Peas and Carrots – 1/2 c Applesauce – ½ c Whole Wheat Bread- 1 slice	7 Cold Cut Sandwich - 1 sandwich ★Δ Cut Broccoli – ½ c Cheese-2 slices□ Banana – 1 banana
10 Portuguese Bean Soup w/vegetables- 1 c Steamed Rice -1/2 c Cut Green Beans- ½ c Apples –1 apple Whole Wheat Bread – 1 slice	11 Hamburger Stew - 1 c Steamed Rice - ½ c Diced Carrots – ½ c Pineapple Chunks – ½ c Whole Wheat Bread – 1 slice	12 Vegetable Lasagna□ - 1 c Yogurt – 1 c Peas ½ c Watermelon – ½ c Whole Wheat Bread – 2 slices	13 Chicken Hekka w/Vegetables and Tofu – 1 c Steamed Rice - ½ c Cut Green Beans - ½ c Pineapple Chunks – ½ c Whole Wheat Bread- 1 slice	14 Tuna Salad Sandwich - 1 sandwich Δ★ Cheese-2 slices□ Cut Broccoli – ½ c Orange Wedges – 1 orange
17 Beef Macaroni- 1 c □ Peas – ½ cup Apples – 1 apple Whole Wheat Bread – 2 slices	18 Shoyu Chicken– ¼ c Steamed Rice - ¼ c Mixed Vegetables- ¼ c Chilled Peaches - ¼ c Whole Wheat Bread – 1 slice	19 Vegetable Soup – 1 c Yogurt – 1 c Cut Broccoli - ½ c Apple Slices – 1 apple Whole Wheat Bread- 2 slices	20 Kalua Pork & Cabbage- 1 c Steamed Rice - ½ c Succotash- ½ c Pineapple Chunks – ½ c Whole Wheat Bread- 1 slice	21 Chicken Breast Sandwich - 1 sandwich ★Δ Cut Broccoli – ½ c Cheese-2 slices□ Chilled Peaches – ½ c
24 Hamburger Curry – 1 c Steamed Rice – ½ c Peas & Carrots - ½ c Pineapple Chunks – ½ c Whole Wheat Bread – 1 slice	25 Chicken Long Rice - 1 c Steamed Rice - ½ c Succotash- ½ c Orange wedges – 1 orange Whole Wheat Bread – 1 slice	26 Tofu Hekka w/ Vegetables – 1 c Steamed Rice - ½ c Cut Broccoli - ½ c Chilled Peaches – ½ c Whole Wheat Bread – 1 slice	27 Spaghetti w/ Meat Sauce□ – 1 c Peas - ½ c Pineapple Chunks – ½ c Whole Wheat Bread – 2 slices	28 Egg Salad Sandwich – 1 sandwich ★Δ Cut Broccoli – ½ c Cheese -1 slice□ Banana – ½ 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, 1 C for Adults

Δ May contain egg product.

□ May contain cheese.

★ May contain mayonnaise.

■ May contain dairy product.

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