


SEAGULL SCHOOLS, INC.  
SATURDAY LUNCH MENU  
JULY 2018

July 7, 2018	July 14, 2018	July 21, 2018	July 28, 2018	
<p><b>Breakfast:</b> Cereal – 1 ½ c, Chilled Peaches – ½ c, and Milk - 1 c</p> <p><b>Snack:</b> Graham Crackers – 8 pcs &amp; Cantaloupe – ½ c</p> <p><b>Lunch:</b> <b>Chicken Breast Salad Sandwich – 1 sandwich Δ</b> Cheese - 2 slices□ Cut Broccoli - ½ c Sliced Apples – ½ apple</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Banana – 1 banana, and Milk - 1 c</p> <p><b>Snack:</b> Club House Cracker- 10 crackers and Diced Pears – ½ c</p> <p><b>Lunch:</b> Tuna Salad Sandwich- 1 sandwich Cut Broccoli - ½ c Cheese - 2 slices□ Pineapple Chunks – ½ c</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Mandarin Oranges – ½ c, &amp; Milk - 1 c</p> <p><b>Snack:</b> Ritz Crackers - 8 pcs &amp; Honeydew Melon – ½ c</p> <p><b>Lunch:</b> Cold Cut w/ Cheese Sandwich- 1 sandwich □Δ Broccoli – ½ c Chilled Pears – ½ c</p>	<p><b>Breakfast:</b> Cereal – 1 ½ c, Mandarin Oranges – ½ c, and Milk - 1 c</p> <p><b>Snack:</b> Graham Crackers – 8 &amp; Cantaloupe – ½ c</p> <p><b>Lunch:</b> Egg Salad SandwichΔ - 1 sandwich Broccoli - ½ c Cheese - 2 slices□ Banana – 1 banana</p>	

All meals are served with 2% skim milk.

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.