

SEAGULL SCHOOLS, INC.
SATURDAY LUNCH MENU
JULY 2017



July 1st	July 8 th	July 15 th	July 22 nd	July 29 th
Breakfast: Cereal – ¾ c, Fresh Pineapples – ½ c, and Milk- 1 c Snack: Cinnamon Toast- 1 slice and Apples- ¾ c Lunch Tuna Sandwich – 1 sandwich ★ Cut Broccoli - ½ c Cheese-2 slice□ Orange Wedge- ¾ c	Breakfast: Cereal – ¾ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Nilla Wafers – 8 wafers and Cantaloupe – ¾ c Lunch Tuna Sandwich - 1 sandwich ★ Cheese Slices □ – 2 Cut Broccoli – ½ c Orange Wedges – ¾ c	Breakfast: Cereal – ¾ c, Orange Wedges – 1 orange, & Milk- 1 c Snack: Club House Cracker- 10 crackers & Honey Dew Melon – ¾ c Lunch Cold Cuts Sandwich - 1 sandwich Δ ★ Cut Broccoli - ½ c Cheese-2 slices□ Banana – ¾ c	Breakfast: Cereal – ¾ c, Apple – 1 apple, and Milk- 1 c Snack: Gold Fish Cracker - 19 cracker and Watermelon – ¾ c Lunch Chicken Breast Sandwich -1 sandwich ★ Cheese slices - 2 Cut Broccoli - ½ c Orange Wedges- ¾ c	Breakfast: Cereal – ¾ c, Chilled Peaches – ½ c, and Milk- 1 c Snack: Nilla Wafers – 8 wafers and Banana – 1 banana Lunch Egg Salad Sandwich – 1 sandwich Δ★ Cut Broccoli - ½ c Cheese-2 slice□ Orange Wedge- ¾ c

Δ May contain egg product.

□ May contain cheese.

★May contain mayonnaise.

BREAKFAST SERVINGS FOR FLUIDS = 1 C Milk for Adult
SNACK SERVINGS FOR FLUIDS =1 C Juice/Fruit for Adult

All meals are served with 1% skim milk.

Seagull Schools reserves the right to change meals at any time

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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