

SEAGULL SCHOOLS, INC.
JUNE 2018 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Breast Sandwich- ½ sandwich★ Cheese – 1 slice □ Cut Broccoli – ¼ c Apple – 1 apple
4 Hamburger Patty w/ gravy – 1 pc Mashed Potatoes- ¼ c Corn - ¼ c Chilled Peaches – ¼ c Whole Wheat Bread – 1 slice	5 Portuguese Bean Soup w/ vegetables - ½ c Steamed Rice- ¼ c Cut Green Beans- ¼ c Apples – ½ apple	6 Macaroni & Cheese - ½ c □ Yogurt – 1 yogurt Peas - ¼ c Whole Wheat Bread– 1 slice Banana – ½ banana	7 Kalua Pork and Cabbage – ½ c Steamed Rice – ¼ c Succotash – ¼ c Mandarin Oranges – ¼ c	8 Tuna Sandwich - ½ sandwich★ Cut Broccoli – ¼ c Cheese – 1 slice □ Chilled Pears - ¼ c
11 CLOSED King Kamehameha HOLIDAY	12 Chicken Vegetable Stew – ½ c Steamed Rice - ¼ c Corn - ¼ c Mandarin Oranges - ¼ c	13 Vegetable Lasagna □ - ½ c Peas - ¼ c Yogurt – 1 yogurt Mandarin Oranges – ¼ c Whole Wheat Bread - 1 slice	14 Roast Pork – ¼ c Mashed Potatoes – ¼ c Corn – ½ c Pineapples – ¼ c Whole Wheat Bread – 1 slice	15 Cold Cut Sandwich - ½ sandwich★ Cut Broccoli - ¼ c Cheese – 1 slice □ Orange Wedge – ½ orange
18 Spaghetti w/ Meat Sauce – ½ c Cut Broccoli – ¼ c Pineapples – ¼ c Whole Wheat Bread – 1 slice	19 Turkey Crisp – ¼ c Steamed Rice – ¼ c Mixed Vegetables – ¼ c Diced Pears – ¼ c	20 Tofu Hekka with veggies- ½ cup □ Steamed Rice – ¼ c Corn - ¼ c Banana – ½ banana	21 Beef Stew w/ vegetables - ½ c Steamed Rice- ¼ c Cut Green Beans - ¼ c Fruit Cocktail – ½ c	22 Egg Salad Sandwich - ½ sandwich Δ★ Cheese -1 slice □ Cut Broccoli – ¼ c Orange Wedges - ½ orange
25 Teriyaki Meatballs – 5 meatballs Steamed Rice - ¼ cup Corn - ¼ cup Fruit Cocktail – ¼ c	26 Beef Macaroni □ – ½ c Cut Green Beans - ¼ c Mandarin Oranges – ¼ c Whole Wheat Bread – 1 slice	27 Vegetable Soup – ½ c Yogurt – 1 yogurt Peas – ¼ c Apple Slices – ½ apple Taro Roll – 1 roll	28 Chicken Long Rice – ½ c Steamed Rice – ¼ c Peas and Carrots – ½ c Chilled Pears – ¼ c	29 Tuna Sandwich – ½ sandwich★ Cut Broccoli – ¼ c Cheese – 1 slice □ Apple Slices – ½ apple

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 for ages 2 years old and older. Whole Milk is served to 18-24 month old toddlers.

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

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