

SEAGULL SCHOOLS, INC.
JULY 2017 PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 (Ocean Pointe CLOSED) (1 sub per child) Meatball Sub- 5 pieces Buns – 1 bun Corn- ¼ c Pineapple Chunks – ¼ c	4 ALL CAMPUSES CLOSED 4th of JULY HOLIDAY OBSERVED	5 Vegetable Soup – ½ c Yogurt – 1 yogurt Cut Broccoli – ¼ c Apple Wedges – ½ apple Taro Roll – 1 roll	6 Chicken Hekka w/Vegetables and Tofu- ½ c Steamed Rice- ¼ c Peas and Carrots - ¼ c Orange – ½ orange	7 Tuna Sandwich- ½ sandwich *Δ Cut Broccoli - ¼ c Cheese-1 slice□ Banana – ½ banana
10 Portuguese Bean Soup w/vegetables- ½ c Steamed Rice- ¼ c Cut Green Beans- ¼ c Apples – ½ apple	11 Turkey Crisp - ½ c Steamed Rice- ¼ c Diced Carrots - ¼ c Fruit Cocktail – ¼ c	12 Vegetable Lasagna□ - ½ c Yogurt – 1 yogurt Peas -¼ c Pineapple Chunks - ¼ c Whole Wheat Bread – ½ slice	13 Roast Pork- ¼ c Mashed Potatoes- ¼ c Peas- ¼ c Applesauce- ¼ c Whole Wheat Bread – 1 slice	14 Cold Cut w/Cheese - ½ sandwich□ Cut Broccoli - ¼ c Orange Wedge – ½ orange
17 Spaghetti w/ meat sauce- ½ cup□ Peas -¼ c Apples- ½ apple Whole Wheat Bread – ½ slice	18 Shoyu Chicken– ¼ c Steamed Rice- ¼ c Mixed Vegetables- ¼ c Chilled Pears - ¼ c	19 Macaroni & Cheese - ½ c □ Yogurt – 1 yogurt Broccoli - ¼ c Chilled Peaches - ¼ c Whole Wheat Bread – ½ slice	20 Kalua Pork & Cabbage- ½ c Steamed Rice- ¼ c Succotash- ¼ c Pineapple Chunks- ¼ c	21 Chicken Breast Sandwich- ½ sandwich *Δ Cut Broccoli - ¼ c Cheese-1 slice□ Orange wedges– ½ orange
24 Beef Macaroni- ½ c □ Peas - ¼ cup Diced Pears - ¼ cup Whole Wheat Bread - ½ slice	25 Chicken Long Rice- ½ c Steamed Rice- ¼ c Succotash- ¼ c Orange – ½ orange	26 3 Bean Chili w/ tofu - ½ c Steamed Rice- ¼ c Cut Broccoli - ¼ c Chilled Peaches – ¼ c	27 Meatballs w/ gravy - 5 pieces Steamed Rice- ¼ c Corn- ¼ c Pineapple Chunks – ¼ c	28 Egg Salad Sandwich - ½ sandwichΔ* Cheese-1 slice□ Cut Broccoli - ¼ c Banana – 1 banana

SERVINGS FOR FLUIDS = ½ C Milk or Juice for 1 – 2 year olds
 Δ May contain egg product. □ May contain cheese.

SERVINGS FOR FLUIDS = ¾ C Milk or Juice for 3 – 5 year olds
 *May contain mayonnaise. ■ May contain dairy product.

All meals are served with 1% skim milk for 2 years old and older. Whole milk is served to toddlers 18-24 months old. Whole Seagull Schools reserves the right to change meals at any time
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