

SEAGULL SCHOOLS, INC.
SATURDAY LUNCH MENU
SEPTEMBER 2017

September 2, 2017	September 9, 2017	September 16, 2017	September 23, 2017	September 30, 2017
<p>Breakfast: Cereal – 1 ½ c, Orange Wedges – 1 orange, and Milk - 1 c</p> <p>Snack: Nilla Wafers – 8 wafers and Watermelon – ¾ c</p> <p>Lunch: Chicken Breast Sandwich – 1 ★sandwich Cheese - 2 slices□ Cut Broccoli - ½ c Apple Slices – ½ apple</p>	<p>Breakfast: Cereal – 1 ½ c, Orange Wedges –1 orange and Milk - 1 c</p> <p>Snack: Club House Cracker- 10 & Apple Wedges– ¾ apple</p> <p>Lunch: Tuna Salad Sandwich- 1 sandwich □★ Cut Broccoli – ½ c Cheese – 2 slices Chilled Pears – ½ c</p>	<p>Breakfast: Cereal –1 ½ c, Banana – 1 Banana, & Milk - 1 c</p> <p>Snack: Gold Fish Cracker - 37 crackers and chilled peaches – ½ c</p> <p>Lunch: Cold Cut Sandwich – 1 sandwich★ Cheese - 2 slices□★ Cut Broccoli - ½ c Banana – ½ Banana</p>	<p>Breakfast: Cereal –1 ½ c, Apple Wedges – ¾ apple, and Milk - 1 c</p> <p>Snack: Cheez-Its – 19 pcs and Banana – 1 banana</p> <p>Lunch: Egg Salad Sandwich - 1 sandwich Δ ★ Cut Broccoli - ½ c Cheese - 2 slices □ Orange Wedges – ½ orange</p>	<p>Breakfast: Cereal – 1 ½ c, Pineapples – ½ c , and Milk - 1 c</p> <p>Snack: Ritz Crackers – 10 pcs and Banana – 1 banana</p> <p>Lunch: Cold Cut Sandwich- 1 sandwich □★ Cut Broccoli – ½ c Cheese – 2 slices □ Apple Slices – ½ apple</p>

Δ May contain egg product.

□ May contain cheese.

★May contain Mayonnaise.

SERVINGS FOR FLUIDS = 1 C Milk or Juice for Adults

All meals are served with 1% 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.