

# SEAGULL SCHOOLS CACFP LUNCH MENU

**CACFP is an indicator of quality child care.**

## MENU 3 (EGG, SOY & DAIRY FREE)

Week of: **Mar 2 - 6, 2026**

This institution is an equal opportunity provider.

COMPONENT	AGE			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-2 Yr	3-5 Yr	Adult	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Refer to dietary component key for food allergens and other restrictions.  For sandwich meals, all meal components are served separately				Sliced Turkey Tortilla WW Baby Carrots Guacamole Spread	Sliced Ham Tortilla WW Corn Guacamole Spread	Baked Pork Chop Corn String Beans	Baked Chicken Breast Brown Rice ^ Broccoli	Chicken Salad w/ Honey Lime Mustard Dressing Tortilla WW Cucumbers, Avocado
Milk	1/2 cup 4oz	3/4 cup 6oz	---	<b>OAT MILK</b>	<b>OAT MILK</b>	<b>OAT MILK</b>	<b>OAT MILK</b>	<b>OAT MILK</b>
Vegetable	1/8 cup	1/4 cup	1/2 cup	Baby Carrots, avocado	Corn, avocado	String Beans	Broccoli	Cucumber, Avocado
	Serving Instructions (Minimum)			1-5 Yr. - 1/4 c.	1-5 Yr. - 1/4 c.	1-5 Yr. - 1/4 c.	1-5 Yr. - 1/4 c.	1-2 Yr. - 1/8 c. 3-5 Yr. - 1/4 c. Adult - 1/2 c.
Fruit	1/8 cup	1/4 cup	1/2 cup	Frozen Strawberries	Canned Pineapple	Oranges	Canned Pears	Mandarin Orange
	Serving Instructions (Minimum)			1-5 Yr. - 1/4 c.	<u>DRAINED</u> 1-5 Yr. - 1/4 c.	1-5 Yr. - 1/2	<u>DRAINED</u> 1-5 Yr. - 1/4 c.	<u>DRAINED</u> 1-5 Yr. 1/4 c.
Grain	1/2 oz eq	1/2 oz eq	2 oz eq.	Tortilla WW	Tortilla WW	Corn	Brown Rice ^	Tortilla WW
	Serving Instructions (Minimum)			1-5 Yr. - 1 slice	1-5 Yr. - 1 slice	1-5 Yr. - 1/4 c.	1-5 Yr. - 1/4 c.	1-5 Yr. - 1 slice
Meat/ Meat Alternate	1 oz eq	1 1/2 oz eq	2 oz. eq	Sliced Turkey	Sliced Ham	Baked Pork Chop	Baked Chicken Breast	Chicken Salad w/ Honey Lime Mustard Dressing
	Serving Instructions (Minimum)			1-5 Yr. - 1 slices	1-5 Yr. - 1 slices	1-5 Yr. - 1/4 c.	1-5 Yr. - 1/4 c.	1-5 Yr. - 1/4 c.
	Serving Instructions (Minimum)							

<b>Dietary Component Key:</b>	! May Contain Sesame	-- May Contain Soy	
^ Whole Grain Rich	+ May Contain Mayo	# May Contain Milk/Dairy/	
WW Whole Wheat	* May Contain Egg	Cheese	

Menu subject to change without notice

Highlighted items represent substitutes to accommodate students with allergies