

# SEAGULL SCHOOLS CACFP LUNCH MENU

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

## MENU 1

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
<b>Refer to dietary component key for food allergens and other restrictions.</b>  <b>For sandwich meals, all meal components are served separately</b>				Sliced Turkey Swiss Cheese # Whole Wheat Bread WW!-- Baby Carrots (on the side: Mayo *#++)	Chicken Nuggets ^-- Brown Rice ^ Broccoli (on the side: Ketchup)	Fish Sticks^ -- Tortillas WW Shredded Cheese # Coleslaw #*+ (On the side: Mild Salsa)	Beef Strogonoff # Rottini # Rolls WW#! Peas and Carrots	Chicken Salad +* American Cheese # Whole Wheat Bread WW!-- Cucumber
				Milk	1/2 cup 4oz	3/4 cup 6oz	---	# FAT FREE or WHOLE
Vegetable	1/8 cup	1/4 cup	1/2 cup	Baby Carrots	Broccoli	Coleslaw #*+	Peas and Carrots	Cucumber
	Serving Instructions (Minimum)			1-2 Yr. - 1/8 c. 3-5 Yr. - 1/4 c. Adult - 1/2 c.	1-2 Yr. - 1/8 c. 3-5 Yr. - 1/4 c. Adult - 1/2 c.	1-2 Yr. - 1/8 c. 3-5 Yr. - 1/4 c. Adult - 1/2 c.	Included in main dish	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)			1-2 Yr. - 1/4 c. 3-5Yr - 1/4 c. Adult - 1/2 c.	<u>DRAINED</u> 1-2 Yr. - 1/4 c. 3-5Yr - 1/4 c. Adult - 1/2 c.	1-2 Yr. - 1/2 3-5Yr - 1/2 Adult - 1/2	<u>DRAINED</u> 1-2 Yr. - 1/4 c. 3-5Yr - 1/4 c. Adult - 1/2 c.	<u>DRAINED</u> 1-2 Yr. 1/4 c. 3-5Yr - 1/4 c. Adult - 1/2 c.
Grain	1/2 oz eq	1/2 oz eq	2 oz eq.	Whole Wheat Bread WW!--	Brown Rice ^	Tortillas WW	Rottini # / Roll WW#!	Whole Wheat Bread WW!--
	Serving Instructions (Minimum)			1-2 Yr. - 1 slice 3-5Yr. - 1 slice Adult - 2 slices	1-2 Yr. - 1 slice 3-5Yr. - 1 slice Adult - 2 slices	1-2 Yr. -1/8 c. - 1 3-5 Yr. 1/4 c. - 1 Adult - 1/2 c. - 2	1-2 Yr. - inc main dish / 1 3-5Yr. - inc main dish / 1 Adult - inc main dish / 1	1-2 Yr. - 1 slice 3-5Yr. - 1 slice Adult - 2 slices
Meat/ Meat Alternate	1 oz eq	1 1/2 oz eq	2 oz. eq	Sliced Turkey (on the side: Mayo *#*)(if available)	Chicken Nuggets ^--	Fish Sticks ^--	Beef Strogonoff #	Chicken Salad +*
	Serving Instructions (Minimum)			1-2 Yr. - 1 slices 3-5 Yr. - 1 slices Adult - 2 slices	1-2 Yr. - 4 pcs 3-5 Yr. - 4 pcs Adult - 5 pcs	1-2 Yr. - 4 3-5Yr. - 4 Adult - 5	Included in main dish	1-2 Yr. - 1/4 c. 3-5Yr. - 1/4 c. Adult - 1/2 c.
	Serving Instructions (Minimum)			Swiss Cheese #		Shredded Cheese #	<b>Main Dish</b>	American Cheese #
Serving Instructions (Minimum)			1-2 Yr. - 1 slice cheese 3-5Yr. - 1 slice cheese Adult - 2 slices cheese		1-2 Yr. - 1/8 c. 3-5Yr. - 1/8 c. Adult - 1/4 c.	1-2 Yr. - 3/4 c. 3-5Yr - 3/4 c. Adult - 1.5 c.	1-2 Yr. - 1 slice cheese 3-5Yr. - 1 slice cheese Adult - 2 slices cheese	

<b>Dietary Component Key:</b>	! May Contain Sesame	-- May Contain Soy	
^ Whole Grain Rich	+ May Contain Mayo	# May Contain Milk/Dairy/	<b>Menu subject to change without notice</b>
WW Whole Wheat	* May Contain Egg	Cheese	<b>Families are responsible for providing meat substitutes for children with dietary restriction</b>