






















Silverline Montessori

November 2017 Breakfast & Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Breakfast Rice Chex, Strawberries Milk</p> <p>Lunch Chopped Beef Steak, Brown Gravy Mashed Potatoes, Vegetables & Milk</p>  <p>V: Veggie Burger</p>	<p>2 Breakfast Corn Flakes, Mixed Fruit Cup, Milk</p> <p>Lunch Chicken Noodle Soup, Turkey & Cheese Roll Up Fruit & Milk</p>  <p>V: Tomato Soup</p>	<p>3 Breakfast Whole Grain Waffle & Milk</p> <p>Lunch Chicken Nuggets, Vegetables, Fruit & Milk</p>  <p>V: Veggie Nuggets</p>
<p>6 Breakfast Banana Slices, Corn Flakes, Milk</p> <p>Lunch Chicken and Rice, Peas & Carrots, Pineapple Tidbits Milk</p>  <p>V: Veggie Burger Patty</p>	<p>7 Breakfast Orange Segments Wheat English Muffins Cream Cheese, Milk</p> <p>Lunch Tacos w/Salsa Spanish Rice ,Tossed Salad, Peaches & Milk</p>  <p>V: Cheese Quesadillas</p>	<p>8 Breakfast Pineapple Chunks , French Toast, Milk</p> <p>Lunch Baked Chicken Fiesta Corn Wheat Roll or Bread Apple Slices Milk</p>  <p>V: Veggie Nuggets</p>	<p>9 Breakfast Peach Dices Wheat Toast, Milk</p> <p>Lunch Chili w/ Beans Rice Strawberry Spinach Salad Fruit Cup Milk</p>  <p>V: Veggie Chili</p>	<p>10 Breakfast Oatmeal , Strawberry Slices, Water</p> <p>Lunch Spaghetti w/ Meat Sauce Salad Melon Fruit Cup Milk</p>  <p>V: Garden Salad</p>
<p>13 Breakfast Banana Slices with Corn Flakes. Water</p> <p>Lunch Hot Dogs, Chili/Cheese Fritos, Salad Fruit & Milk</p>  <p>V: Tomato Soup</p>	<p>14 Breakfast Orange Segments, English Muffins w/cream cheese. Water</p> <p>Lunch Chicken Nuggets, Mac N Cheese, Fruit & Vegetables Milk</p>  <p>V: Veggie Nuggets</p>	<p>15 Breakfast Croissant with Cream Cheese & Fruit</p> <p>Lunch Spaghetti w/Meat Sauce, Salad, Fruit & Milk</p>  <p>V: Spaghetti with Marinara</p>	<p>16 Breakfast Wheat Toast with Peaches Milk</p> <p>Lunch Taco w/Rice , Refried Beans, Salad, Fruit & Milk</p>  <p>V: Veggie Taco</p>	<p>17 Breakfast Oatmeal, Slices of Strawberry, Water</p> <p>Lunch Thanksgiving Feast</p>
<p>20 Breakfast Waffle with Hot Cinnamon apples Milk</p> <p>Lunch Alfredo Pasta w/ Chicken & Broccoli Fruit & Milk</p>  <p>V: Fettuccine w/ Alfredo Sauce</p>	<p>21 Breakfast English Muffin with Cream Cheese and peaches</p> <p>Lunch Fish Sticks, Mac N Cheese, Vegetables, Fruit & Milk</p>  <p>V: Mac N Cheese</p>	<p>22 Breakfast Cheerios & Banana Slices</p> <p>Lunch Baked chicken & Couscous, Salad Fruit & Milk</p>  <p>V: Veggie Nuggets</p>	<p>23</p> <p>Happy Thanksgiving</p> <p>Building Closed</p>	<p>24</p> <p>Happy Thanksgiving</p> <p>Building Closed</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 <u>Breakfast</u> Hard Boiled Eggs & Orange Slices</p> <p><u>Lunch</u> Spaghetti w/ Meat Sauce Salad Fruit & Milk</p>  <p>V: Spaghetti w/ Marinara</p>	<p>28 <u>Breakfast</u> French Toast & Milk</p> <p><u>Lunch</u> Turkey & Cheese Sandwich Ranch Dip, Cucumbers, Fruit Salad & Milk</p>  <p>V:Sun Butter or Cheese Sandwich</p>	<p>29 <u>Breakfast</u> Rice Chex, Strawberries Milk</p> <p><u>Lunch</u> Chopped Beef Steak, Brown Gravy Mashed Potatoes, Vegetables & Milk</p>  <p>V: Veggie Burger</p>	<p>30 <u>Breakfast</u> Corn Flakes, Mixed Fruit Cup, Milk</p> <p><u>Lunch</u> Chicken Noodle Soup, Turkey & Cheese Roll Up Fruit & Milk</p>  <p>V: Tomato Soup</p>	