

























# Silverline Montessori

## Breakfast and Lunch Menu

### October 2017

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b><u>WEEK 1</u></b>  <b>October 2<sup>nd</sup> – 6<sup>th</sup></b>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Fresh Fruit Scrambled Egg Buttermilk Biscuit Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Sweet &amp; Sour Chicken w/Sauce Garden Blend Rice Mixed Vegetables Peach Diced Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Sliced Strawberries Cheerios Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Cheeseburger on Bun Lettuce/Tomato/Pickle Melon Fruit Cup Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Orange Segments Wheat Toast Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Turkey Bean Burrito Vegetable Slices Pineapple Chunks Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Diced Melon Wheat English Muffin Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Fish Sticks Couscous Confetti Coleslaw Applesauce Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Applesauce Oatmeal Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Meat Sauce Rotini Garden Pasta Vegetable Slices Kiwi Milk Water</p>
<b><u>WEEK 2</u></b>  <b>October 9<sup>th</sup> - 13<sup>th</sup></b>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Hot Fruit Compote French Toast Sticks Milk Water</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Chicken Salad Wheatworth Crackers Broccoli Florets Pineapple Chunks Milk Water</p> 	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Sliced Strawberries Wheat Toast Milk Water</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Grilled Cheese Sandwich Parsley Carrots Melon Fruit Cup Milk Water</p> 	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Fruit Cup Biscuit and Gravy Milk Water</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Herb baked Chicken Green Beans Wheat Roll or Bread Rosy Pears Milk Water</p> 	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Melon Fruit Cup Toasted Bagel Cream Cheese Milk Water</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Meat Tacos Creamed Corn Shred Lettuce &amp; Diced Tomato Orange Segments Milk Water</p> 	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Banana Slices Rice Krispies Milk Water</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Beef Patty Brown Gravy on Side Sliced Potatoes Whole Wheat Bread Fruit Salad Milk Water</p> 
<b><u>WEEK 3</u></b>  <b>October 16<sup>th</sup> – 20<sup>th</sup></b>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Hot Cinnamon Apples Whole Grain Waffles Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Baked Chicken Rotini Garden Pasta Broccoli Cuts Fruit Cup Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Peach Diced Buttermilk Biscuit Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Chopped Beef Steak Brown Gravy on Side Brown Rice Mixed Vegetables Mandarin Oranges Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Blueberries Oatmeal Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>BBQ Chicken Confetti Coleslaw Wheat Roll or Bread Pear Slices Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Banana Slices Cheese Slice Wheat Toast Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Meat Sauce Spaghetti Cooked Squash Fruit Cup Milk Water</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p>Sliced Strawberries Rice Chex Milk Water</p>  <p style="text-align: center;"><b><u>Lunch</u></b></p> <p>Turkey &amp; Cheese Sandwich Ranch Dip Cucumber Slices Fruit Salad Milk Water</p>

<p><b><u>WEEK 4</u></b></p> <p><b>October 23<sup>rd</sup> – 27<sup>th</sup></b></p>	<p><b><u>Breakfast</u></b> Banana Slices Corn Flakes Milk Water</p> <p><b><u>Lunch</u></b> Chicken and Rice Peas and Carrots Pineapple Tidbits Milk Water</p> 	<p><b><u>Breakfast</u></b> Orange Segments Wheat English Muffins Cream Cheese Milk Water</p> <p><b><u>Lunch</u></b> Chicken Quesadillas w/Salsa Tossed Salad Peach Slices Milk Water</p> 	<p><b><u>Breakfast</u></b> Pineapple Chunks French Toast Sticks Milk Water</p> <p><b><u>Lunch</u></b> Baked Chicken Fiesta Corn Wheat Roll or Bread Apple Slices Milk Water</p> 	<p><b><u>Breakfast</u></b> Peach Diced Wheat Toast Milk Water</p> <p><b><u>Lunch</u></b> Red Beans Rice Strawberry Spinach Salad Fruit Cup Milk Water</p> 	<p><b><u>Breakfast</u></b> Sliced Strawberries Oatmeal Milk Water</p> <p><b><u>Lunch</u></b> Tuna Salad on Lettuce Wheatworth Crackers Sliced Carrots Melon Fruit Cup Milk Water</p> 
<p><b><u>WEEK 5</u></b></p> <p><b>October 30<sup>th</sup> &amp; 31<sup>st</sup></b></p>	<p><b><u>Breakfast</u></b> Hot Cinnamon Apples English Muffin Milk Water</p>  <p><b><u>Lunch</u></b> Sloppy Joe on Wheat Bun Green Beans Peach Diced Milk Water</p>	<p><b><u>Breakfast</u></b> Banana Slices Cheese Toast/ Wheat Milk Water</p>  <p><b><u>Lunch</u></b> Herb baked Chicken Couscous Cooked Squash Fruit Cup Milk</p>			