







Silverline Montessori October 2017 Breakfast & Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast French Toast Sticks & Applesauce</p> <p>Lunch Sweet & Sour Chicken w/sauce Garden Blend Rice Mixed Vegetables, Diced Peaches</p>  <p>V: Veggie Egg Rolls</p>	<p>3 Breakfast Scrambled Eggs, Buttermilk Biscuit Milk</p> <p>Lunch Grilled Cheese Sandwich Broccoli, Melon Fruit Cup Milk</p>  <p>V: Veggie Sub Sandwich</p>	<p>4 Breakfast Rice Chex, Strawberries Milk</p> <p>Lunch Chopped Beef Steak, Brown Gravy on Side Brown Rice, Mixed Vegetables, Orange Slices</p>  <p>V: Veggie Burger</p>	<p>5 Breakfast Corn Flakes, Mixed Cup Lunch Chicken Noodle Soup, Turkey & Cheese Roll Up</p>  <p>V: Tomato Soup</p>	<p>6 Breakfast Whole Grain Waffle & Milk Lunch Chicken Nuggets, Vegetables, Fruit Milk</p>  <p>V: Veggie Nuggets</p>
<p>9 Breakfast Banana slices, Corn Flakes</p> <p>Lunch Chicken and Rice, Pease & Carrots, Pineapple Tidbits Milk</p>  <p>V: Veggie Burger Patty</p>	<p>10 Breakfast Orange Segments Wheat English Muffins Cream Cheese</p> <p>Lunch Chicken Quesadillas w/salsa & Tossed salad Peach Slices Milk</p>  <p>V: Cheese Quesadillas</p>	<p>11 Breakfast Pineapple chunks & French Toast</p> <p>Lunch Baked chicken Fiesta Corn Wheat Roll or Bread Apple Slices Milk</p>  <p>V: Veggie Nuggets</p>	<p>12 Breakfast Peach Dices Wheat Toast Lunch Red Beans Rice Strawberry spinach salad Fruit Cup Milk</p>  <p>V: Same</p>	<p>13 Breakfast Oatmeal & Strawberry Slices Lunch Tuna Salad on lettuce, Wheatsworth crackers Sliced Carrots Melon Fruit Cup Milk</p>  <p>V: Garden Salad</p>
<p>16 Breakfast Banana Slices with Corn Flakes</p> <p>Lunch Hot Dogs, Chili/Cheese Fritos Fruit, Milk</p>  <p>V: Tomato Soup</p>	<p>17 Breakfast Orange Segments, English Muffins w/cream cheese</p> <p>Lunch Chicken Nuggets, Mac N Cheese, Fruit & Vegetables Milk</p>  <p>V: Veggie Nuggets</p>	<p>18 Breakfast Croissant with Cream Cheese & Fruit</p> <p>Lunch Spaghetti w/meat sauce, Vegetable, Fruit & Milk</p>  <p>V: Spaghetti with Marinara</p>	<p>19 Breakfast Wheat Toast with Peaches</p> <p>Lunch Taco w/rice & Beans, Salad, Fruit & Milk</p>  <p>V: Veggie Taco</p>	<p>20 Breakfast Oatmeal, Slices of Strawberry</p> <p>Lunch Cheese Pizza, Corn, Salad & Fruit</p>  <p>V: Same</p>
<p>23 Breakfast Waffle with Hot Cinnamon apples Milk</p> <p>Lunch Alfredo pasta with chicken with broccoli</p>  <p>V: Fettuccine with Alfredo sauce</p>	<p>24 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>25 Breakfast Cheerios & Banana Slices</p> <p>Lunch Baked chicken & Couscous, Salad Fruit & Milk</p>  <p>V: Veggie Nuggets</p>	<p>26 Breakfast Hard Boiled Eggs & Orange Slices</p> <p>Lunch Spaghetti with meat sauce & vegetables, salad</p>  <p>V: Spaghetti w/ Marinara</p>	<p>27 Breakfast French Toast & Milk Lunch Turkey & Cheese Sandwich, Ranch Dip, Cucumbers, Fruit Salad Milk</p>  <p>V: Sun Butter Sandwich</p>