























Silverline Montessori

October 2017

Breakfast and Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week of Oct 2nd</u>	<p><u>Breakfast</u> Apple Sauce French Toast Sticks</p>  <p><u>Lunch</u> Sun Butter Sandwich Cucumber Slices Sliced Strawberries</p>	<p><u>Breakfast</u> Diced Pears Cheese Toast/Wheat</p>  <p><u>Lunch</u> Hamburger on Bun Confetti Coleslaw Watermelon</p>	<p><u>Breakfast</u> Banana Slices Cheerios</p>  <p><u>Lunch</u> Cheese Quesadillas Strawberry Spinach Salad Peaches and Pears</p>	<p><u>Breakfast</u> Orange Segments Scrambled Eggs</p>  <p>Corn Tortilla</p> <p><u>Lunch</u> Baked Chicken Spaghetti Mixed Vegetables Pineapple Chunks</p>	<p><u>Breakfast</u> Mixed Berry Cup Corn Flakes</p> <p><u>Lunch</u> Vegetable Soup</p>  <p>Turkey & Cheese Rollup Fruit Cup</p>
<u>Week of Oct 9th</u>	<p><u>Breakfast</u> Hot Cinnamon Apples Whole Grain Waffles</p> <p><u>Lunch</u> Baked Chicken Rofini Garden Pasta Broccoli Cuts Fruit Cup</p> 	<p><u>Breakfast</u> Peach Diced Buttermilk Biscuit</p> <p><u>Lunch</u> Chopped Beef Steak Brown Gravy on Side Brown Rice Mixed Vegetables Mandarin Oranges</p> 	<p><u>Breakfast</u> Blueberries Oatmeal</p> <p><u>Lunch</u> BBQ Chicken Confetti Coleslaw Wheat Roll or Bread Pear Slices</p> 	<p><u>Breakfast</u> Banana Slices Cheese Slice Wheat Toast</p> <p><u>Lunch</u> Meat Sauce Spaghetti Cooked Squash Fruit Cup</p> 	<p><u>Breakfast</u> Sliced Strawberries Rice Chex</p> <p><u>Lunch</u> Turkey & Cheese Sandwich/ Ranch Dip Cucumber Slices Fruit Salad</p> 
<u>Week of Oct 16th</u>	<p><u>Breakfast</u> Banana Slices Corn Flakes</p>  <p><u>Lunch</u> Chicken and Rice Peas and Carrots Pineapple Tidbits</p>	<p><u>Breakfast</u> Orange Segments Wheat English Muffins Cream Cheese</p>  <p><u>Lunch</u> Chicken Quesadillas w/Salsa Tossed Salad Peach Slices</p>	<p><u>Breakfast</u> Pineapple Chunks French Toast Sticks</p>  <p><u>Lunch</u> Baked Chicken Fiesta Corn Wheat Roll or Bread Apple Slices</p>	<p><u>Breakfast</u> Peach Diced Wheat Toast</p>  <p><u>Lunch</u> Red Beans Rice Strawberry Spinach Salad Fruit Cup</p>	<p><u>Breakfast</u> Sliced Strawberries</p>  <p>Oatmeal</p> <p><u>Lunch</u> Tuna Salad on Lettuce Wheatworth Crackers Sliced Carrots Melon Fruit Cup</p>
<u>Week of Oct 23rd</u>	<p><u>Breakfast</u> Hot Cinnamon Apples English Muffin</p> <p><u>Lunch</u> Sloppy Joe on Wheat Bun</p>  <p>Green Beans Peach Diced</p>	<p><u>Breakfast</u> Banana Slices Cheese Toast/ Wheat</p> <p><u>Lunch</u> Herb baked Chicken Couscous</p>  <p>Cooked Squash Fruit Cup</p>	<p><u>Breakfast</u> Diced Pears Wheat Toast Hard Boiled Egg</p> <p><u>Lunch</u> Taco Salad Flour Tortilla</p>  <p>Pinto Beans Mandarin Oranges</p>	<p><u>Breakfast</u> Sliced Strawberries Oatmeal</p> <p><u>Lunch</u> Beef Macaroni & Cheese</p>  <p>Vegetable Medley Apricots</p>	<p><u>Breakfast</u> Pineapple Chunks Flavored Yogurt</p> <p><u>Lunch</u> Grilled Chicken Patty Not so Fried Rice</p>  <p>Stir Fry Vegetables Melon Fruit Cup</p>