**Silverline Montessori**

**Breakfast and Lunch Menu**

**January 2018**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***WEEK 1***  **January**  **1st – 5th** | ***Breakfast***  Fresh Fruit  Scrambled Egg  Buttermilk Biscuit  Milk  Water  Image result for scrambled eggs  ***Lunch***  Sweet & Sour Chicken Nuggets w/Sauce  Garden Blend Rice  Mixed Vegetables  Peach Diced  **Vegetarian Option**  Sweet & Sour Soy Nuggets  Milk  Water | ***Breakfast***  Sliced Strawberries  Cheerios  Milk  Water  Image result for sliced strawberries  ***Lunch***  Cheeseburger on Bun  Lettuce/Tomato/Pickle  Melon Fruit Cup  **Vegetarian Option**  Vegetarian Chicken Patty on a bun  Milk  Water | ***Breakfast***  Orange Segments  Wheat Toast  Milk  Water  Image result for orange segments  ***Lunch***  Turkey Bean Burrito  Vegetable Slices  Pineapple Chunks  **Vegetarian Option**  Bean and Cheese Burrito  Milk  Water | ***Breakfast***  Diced Melon  Wheat English Muffin  Milk  Water  Image result for wheat english muffins  ***Lunch***  Fish Sticks  Couscous  Confetti Coleslaw  Applesauce  **Vegetarian Option**  Grilled Cheese Sandwich  Milk  Water | ***Breakfast***  Applesauce  Oatmeal  Milk  Water  Image result for oatmeal  ***Lunch***  Turkey Meat Sauce  Rotini Garden Pasta  Vegetable Slices  Fresh Fruit  **Vegetarian Option**  Rotini Pasta with kidney beans  Milk  Water |
| ***WEEK 2***  **January**  **8th – 12th** | ***Breakfast***  Hot Fruit Compote  French Toast Sticks  Milk  Water  ***Lunch***  Chicken Salad  Wheatsworth Crackers  Broccoli Florets  Pineapple Chunks  **Vegetarian Option**  Vegetarian Chicken Nuggets  Milk  Water  Image result for chicken salad | ***Breakfast***  Sliced Strawberries  Wheat Toast  Milk  Water  ***Lunch***  Grilled Cheese Sandwich  Parsley Carrots  Melon Fruit Cup  Milk  Water  Image result for grilled cheese | ***Breakfast***  Fruit Cup  Biscuit and Gravy  Milk  Water  ***Lunch***  Herb baked Chicken  Green Beans  Wheat Roll or Bread  Rosy Pears  **Vegetarian Option**  Vegetarian Chicken Patty  Milk  Water  Image result for herb baked chicken | ***Breakfast***  Melon Fruit Cup  Toasted Bagel  Cream Cheese  Milk  Water  ***Lunch***  Turkey Tacos  Creamed Corn  Shred Lettuce & Diced Tomato  Orange Segments  **Vegetarian Option**  Black Bean Taco  Milk  Water  Image result for tacos | ***Breakfast***  Banana Slices  Rice Krispies  Milk  Water  ***Lunch***  Chicken Strips  Brown Gravy on Side  Mashed Potatoes  Mixed Vegetables  Fruit Salad  **Vegetarian Option**  Soy Nuggets  Milk  Water  Related image |
| ***WEEK 3***  **January**  **15h – 19th** | ***Breakfast***  Hot Cinnamon Apples  Whole Grain Waffles  Milk  Water  Image result for whole grain waffles  ***Lunch***  Baked Chicken  Rotini Garden Pasta  Broccoli Cuts  Fruit Cup  **Vegetarian Option**  Rotini Garden Pasta with Black Beans  Milk  Water | ***Breakfast***  Peach Diced  Buttermilk Biscuit  Milk  Water  Image result for buttermilk biscuits  ***Lunch***  Chicken Fried Breast  Brown Gravy on Side  Brown Rice  Mixed Vegetables  Mandarin Oranges  **Vegetarian Option**  Vegetarian diced Chicken  Milk  Water | ***Breakfast***  Blueberries  Oatmeal  Milk  Water  Image result for oatmeal  ***Lunch***  Cheeseburger  Confetti Coleslaw  Wheat Roll or Bread  Pear Slices  **Vegetarian Option**  Black Bean Burger  Milk  Water | ***Breakfast***  Banana Slices  Cheese Slice  Wheat Toast  Milk  Water  Image result for banana slices  ***Lunch***  Sliced Turkey Breasts  Mashed Potatoes  Green Beans  Dinner Rolls  Fruit Cup  **Vegetarian Option**  Vegetarian Chicken Patty  Milk  Water | ***Breakfast***  Sliced Strawberries  Rice Chex  Milk  Water  Image result for rice chex  ***Lunch***  Turkey & Cheese Sandwich  Ranch Dip  Cucumber Slices  Fruit Salad  **Vegetarian Option**  Grilled Cheese Sandwich  Milk  Water |
| ***WEEK 4***  ***January***  **22nd – 26th** | ***Breakfast***  Banana Slices  Corn Flakes  Milk  Water  ***Lunch***  Cheese Pizza  Peas and Carrots  Apple Sauce  Milk  Water  Image result for chicken and rice | ***Breakfast***  Orange Segments  Wheat English Muffins  Cream Cheese  Milk  Water  ***Lunch***  Chicken Quesadillas w/Salsa  Tossed Salad  Peach Slices  **Vegetarian Option**  Refried Bean and Cheese Quesadilla  Milk  Water  Image result for chicken quesadilla | ***Breakfast***  Pineapple Chunks  French Toast Sticks  Milk  Water  ***Lunch***  Turkey Beanie Weenies with vegetarian beans  Fiesta Corn  Wheat Roll or Bread  **Vegetarian Option**  Soy Nuggets  Apple Slices  Milk  Water  Related image |  |  |
| ***WEEK 5***  **January**  **29th – 31st** | ***Breakfast***  Hot Cinnamon Apples  English Muffin  Milk  Water  Image result for hot cinnamon apples  ***Lunch***  Sloppy Joe on Wheat Bun  Mixed Vegetables  Peach Diced  **Vegetarian Option**  Grilled Cheese Sandwich  Milk  Water | ***Breakfast***  Banana Slices  Cheese Toast/ Wheat  Milk  Water  Image result for banana slices  ***Lunch***  Herb baked Chicken  Mashed Potatoes  Cooked Squash  **Vegetarian Option**  Vegetarian Chicken Patty  Fruit Cup  Milk |  |  |  |
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