**Silverline Montessori**

**Breakfast and Lunch Menu**

**January 2018**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***WEEK 1*****January****1st – 5th** | ***Breakfast***Fresh FruitScrambled EggButtermilk BiscuitMilk WaterImage result for scrambled eggs***Lunch***Sweet & Sour Chicken Nuggets w/SauceGarden Blend RiceMixed VegetablesPeach Diced**Vegetarian Option**Sweet & Sour Soy NuggetsMilk Water  | ***Breakfast***Sliced StrawberriesCheeriosMilkWaterImage result for sliced strawberries***Lunch***Cheeseburger on BunLettuce/Tomato/PickleMelon Fruit Cup**Vegetarian Option**Vegetarian Chicken Patty on a bunMilkWater  | ***Breakfast***Orange SegmentsWheat ToastMilkWaterImage result for orange segments***Lunch***Turkey Bean BurritoVegetable SlicesPineapple Chunks**Vegetarian Option**Bean and Cheese BurritoMilkWater | ***Breakfast***Diced MelonWheat English MuffinMilkWaterImage result for wheat english muffins***Lunch***Fish SticksCouscousConfetti ColeslawApplesauce**Vegetarian Option**Grilled Cheese SandwichMilkWater  | ***Breakfast***ApplesauceOatmealMilkWaterImage result for oatmeal***Lunch***Turkey Meat SauceRotini Garden PastaVegetable SlicesFresh Fruit**Vegetarian Option**Rotini Pasta with kidney beansMilkWater  |
| ***WEEK 2*****January****8th – 12th**  | ***Breakfast***Hot Fruit CompoteFrench Toast SticksMilk Water***Lunch***Chicken SaladWheatsworth CrackersBroccoli FloretsPineapple Chunks**Vegetarian Option**Vegetarian Chicken NuggetsMilk WaterImage result for chicken salad | ***Breakfast***Sliced StrawberriesWheat ToastMilkWater***Lunch***Grilled Cheese SandwichParsley CarrotsMelon Fruit CupMilkWaterImage result for grilled cheese | ***Breakfast***Fruit CupBiscuit and GravyMilkWater***Lunch***Herb baked ChickenGreen BeansWheat Roll or BreadRosy Pears**Vegetarian Option**Vegetarian Chicken PattyMilkWater Image result for herb baked chicken | ***Breakfast***Melon Fruit CupToasted BagelCream CheeseMilkWater***Lunch***Turkey TacosCreamed CornShred Lettuce & Diced TomatoOrange Segments**Vegetarian Option**Black Bean TacoMilkWater Image result for tacos | ***Breakfast***Banana SlicesRice KrispiesMilkWater***Lunch***Chicken StripsBrown Gravy on SideMashed PotatoesMixed VegetablesFruit Salad**Vegetarian Option**Soy NuggetsMilkWater Related image |
| ***WEEK 3*****January****15h – 19th** | ***Breakfast***Hot Cinnamon ApplesWhole Grain WafflesMilk WaterImage result for whole grain waffles***Lunch***Baked ChickenRotini Garden PastaBroccoli CutsFruit Cup **Vegetarian Option**Rotini Garden Pasta with Black BeansMilk Water | ***Breakfast***Peach DicedButtermilk BiscuitMilkWaterImage result for buttermilk biscuits***Lunch***Chicken Fried BreastBrown Gravy on SideBrown RiceMixed Vegetables Mandarin Oranges**Vegetarian Option**Vegetarian diced ChickenMilkWater | ***Breakfast***BlueberriesOatmealMilkWaterImage result for oatmeal***Lunch***CheeseburgerConfetti ColeslawWheat Roll or Bread Pear Slices**Vegetarian Option**Black Bean BurgerMilkWater | ***Breakfast***Banana SlicesCheese SliceWheat ToastMilkWaterImage result for banana slices***Lunch***Sliced Turkey BreastsMashed PotatoesGreen BeansDinner RollsFruit Cup **Vegetarian Option**Vegetarian Chicken PattyMilkWater | ***Breakfast***Sliced StrawberriesRice ChexMilkWaterImage result for rice chex***Lunch***Turkey & Cheese SandwichRanch DipCucumber SlicesFruit Salad**Vegetarian Option**Grilled Cheese SandwichMilkWater |
| ***WEEK 4******January*****22nd – 26th**  | ***Breakfast***Banana SlicesCorn FlakesMilk Water ***Lunch***Cheese PizzaPeas and CarrotsApple SauceMilk WaterImage result for chicken and rice | ***Breakfast***Orange SegmentsWheat English MuffinsCream CheeseMilkWater***Lunch***Chicken Quesadillas w/SalsaTossed SaladPeach Slices**Vegetarian Option**Refried Bean and Cheese QuesadillaMilkWater Image result for chicken quesadilla | ***Breakfast***Pineapple ChunksFrench Toast SticksMilkWater***Lunch***Turkey Beanie Weenies with vegetarian beansFiesta CornWheat Roll or Bread**Vegetarian Option**Soy NuggetsApple SlicesMilkWaterRelated image |  |  |
| ***WEEK 5*****January****29th – 31st** | ***Breakfast***Hot Cinnamon ApplesEnglish MuffinMilk WaterImage result for hot cinnamon apples***Lunch***Sloppy Joe on Wheat BunMixed VegetablesPeach Diced**Vegetarian Option**Grilled Cheese SandwichMilk Water | ***Breakfast***Banana SlicesCheese Toast/ WheatMilkWaterImage result for banana slices***Lunch***Herb baked ChickenMashed PotatoesCooked Squash**Vegetarian Option**Vegetarian Chicken PattyFruit CupMilk |  |  |  |
|  |  |  |  |  |  |