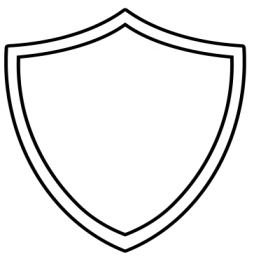
**Silverline Montessori**

**Breakfast and Lunch Menu**

**January 2018**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | **Tuesday** | Wednesday | **Thursday** | **Friday** |
| ***WEEK 1***  **Jan.**  **1st -5th** | ***Breakfast***  Hot Cinnamon Apples  Whole Grain Waffles  Milk  Water  ***Lunch***  Baked Chicken  Rotini Garden Pasta  Broccoli Cuts  Fruit Cup  Milk  Water | ***Breakfast***  Peach Diced  Buttermilk Biscuit  Milk  Water  ***Lunch***  Chopped Beef Steak  Brown Gravy on Side  Brown Rice  Mixed Vegetables  Mandarin Oranges  Milk  Water | ***Breakfast***  Blueberries  Oatmeal  Milk  Water  ***Lunch***  BBQ Chicken  Potato Chips  Confetti Coleslaw  Wheat Roll or Bread  Pear Slices  Milk  Water | ***Breakfast***  Banana Slices  Cheese Slice  Wheat Toast  Milk  Water  ***Lunch***  Meat Sauce  Spaghetti  Cooked Squash  Fruit Cup  Milk  Water | ***Breakfast***  Sliced Strawberries  Rice Chex  Milk  Water  ***Lunch***  Turkey & Cheese Sandwich  Lettuce & Tomato  Cucumber Slices  Fruit Salad  Milk  Water |
| ***WEEK 2***  **Jan.**  **8th – 12th** | ***Breakfast***  Banana Slices  Corn Flakes  Milk  Water  ***Lunch***  Chicken and Rice  Peas and Carrots  Pineapple Tidbits  Milk  Water | ***Breakfast***  Orange Segments  Wheat English Muffins  Cream Cheese  Milk  Water  ***Lunch***  Chicken Quesadillas w/Salsa  Refried Beans  Tossed Salad  Peach Slices  Milk  Water | ***Breakfast***  Pineapple Chunks  French Toast Sticks  Milk  Water  ***Lunch***  Baked Chicken  Fiesta Corn  Wheat Roll or Bread  Apple Slices  Milk  Water | ***Breakfast***  Peach Diced  Wheat Toast  Milk  Water  ***Lunch***  Red Beans  Rice  Strawberry Spinach Salad  Fruit Cup  Milk  Water | ***Breakfast***  Sliced Strawberries  Oatmeal  Milk  Water  ***Lunch***  Tuna Salad on Lettuce  Wheat Roll or Bread  Sliced Carrots  Melon Fruit Cup  Milk  Water |
| ***WEEK 3***  **Jan.**  **15th – 19th** | **Building Closed in Observation of MLK Jr. Day**  Related image | ***Breakfast***  Banana Slices  Cheese Toast/  Wheat  Milk  Water  ***Lunch***  Herb baked Chicken  Mashed Potatoes  Cooked Squash  Fruit Cup  Milk  Water | ***Breakfast***  Diced Pears  Wheat Toast  Hard Boiled Egg  Milk  Water  ***Lunch***  Taco Salad  Lettuce & Tomato  Flour Tortilla  Pinto Beans  Mandarin Oranges  Milk  Water | ***Breakfast***  Sliced Strawberries  Oatmeal  Milk  Water  ***Lunch***  Beef Macaroni & Cheese  Vegetable Medley  Fruit Cocktail  Milk  Water | ***Breakfast***  Pineapple Chunks  Flavored Yogurt  Milk  Water  ***Lunch***  Grilled Chicken Patty  Lettuce & Tomato  Not so Fried Rice  Stir Fry Vegetables  Melon Fruit Cup  Milk |
| ***WEEK 4***  **Jan.**  **22nd – 26th** | ***Breakfast***  Apple Sauce  French Toast Sticks  Milk  Water  ***Lunch***  Sun Butter & Jelly Sandwich  Cucumber Slices  Sliced Strawberries  Milk  Water | ***Breakfast***  Diced Pears  Cheese Toast/ Wheat  Milk  Water  ***Lunch***  Hamburger on Bun  Lettuce & Tomato  Potato Chips  Confetti Coleslaw  Watermelon  Milk  Water | ***Breakfast***  Banana Slices  Cheerios  Milk  Water  ***Lunch***  Cheese Quesadillas  Strawberry Spinach Salad  Peaches and Pears  Milk  Water | ***Breakfast***  Orange Segments  Scrambled Eggs  Corn Tortilla  Milk  Water  ***Lunch***  Baked Chicken  Spaghetti  Mixed Vegetables  Pineapple Chunks  Milk  Water | ***Breakfast***  Mixed Berry Cup  Corn Flakes  Milk  Water  ***Lunch***  Vegetable Soup  Turkey & Cheese Rollup  Lettuce & Tomato  Fruit Cup  Milk  Water |
| ***WEEK 5***  **Jan**  **29th – 31st** | ***Breakfast***  Fresh Fruit  Scrambled Egg  Buttermilk Biscuit  Milk  Water  ***Lunch***  Sweet & Sour Chicken w/Sauce  Garden Blend Rice  Mixed Vegetables  Peach Diced  Milk  Water | ***Breakfast***  Sliced Strawberries  Cheerios  Milk  Water  ***Lunch***  Lasagna with meat sauce  Green Beans  Melon Fruit Cup  Milk  Water | ***Breakfast***  Orange Segments  Wheat Toast  Milk  Water  ***Lunch***  Turkey Bean Burrito  Lettuce & Tomato  Spanish Rice  Vegetable Slices  Pineapple Chunks  Milk  Water |  |  |
|  |  |  |  |  |  |