**Silverline Montessori**

**Breakfast, Lunch & Snack Menu**

**February 2018**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***WEEK 1***  **February**  **5th – 9th** | ***Breakfast***  Cereal w/Fruit  Milk  ***Lunch***  Macaroni w/cheese Turkey Hot dogs Fruit Milk  ***Afternoon Snack***  Sliced Apples Graham Crackers Water | ***Breakfast***  Wheat Bagel w/cream cheese Fruit Milk  ***Lunch***  Red beans & rice veggies Fruit Milk  ***Afternoon Snack***  Soft Pretzel Sticks w/cheese sauce Water | ***Breakfast***  Turkey Sausage wraps  Fruit  Milk  ***Lunch***  Turkey Melt w/veggies  Fruit  Milk  ***Afternoon Snack***  Carrots w/Ranch Crackers  Water | ***Breakfast***  Toast w/Jelly Boiled eggs Fruit  Milk  ***Lunch***  Meatloaf Mashed Potatoes  Peas Fruit Milk  ***Afternoon Snack***  Ants on a Log (w/Sunbutter)  Water | ***Breakfast***  Waffles  Fruit  Milk  ***Lunch***  Turkey Chili w/cornbread Tossed Salad Fruit Milk  ***Option: Vegetarian*** Vegetarian Chili  ***Afternoon Snack***  Strawberry Yogurt w/Animal Crackers Water |
| ***WEEK 2***  **February**  **12th – 16th** | ***Breakfast***  Cereal  Fruit  Milk  ***Lunch***  Meatball Hoagies w/cheese Vegetables  Fruit Milk  ***Afternoon Snack***  Sliced Apples Cheese Sticks Water | ***Breakfast***  Oatmeal Blueberries  Milk  ***Lunch***  Chicken Lo Mein Fruit Milk  ***Vegetarian Option***  Vegetarian Chicken Lo Mein  ***Afternoon Snack***  Sliced Turkey Slices w/Saltine Crackers Water  **Vegetarian:** Sunbutter Sandwich | ***Breakfast***  Biscuit w/Jelly Fruit  Milk  ***Lunch***  Veggie Baked Beans w/Turkey Hotdogs Vegetables  Fruit  Milk  ***Afternoon Snack***  Oatmeal Cookies Milk Water | ***Breakfast***  French Toast  Fruit  Milk  ***Lunch***  Soy butter Jelly Sandwiches Vegetable Soup MIlk  ***Afternoon Snack***  Graham Crackers Orange Slices Water | ***Breakfast***  Turkey Sausage Wraps  Fruit  Milk  ***Lunch***  Cheese Pizza Corn  Fruit  Milk  ***Afternoon Snack***  Cheese Itz Apple Juice Water |
| ***WEEK 3***  **February**  **19nd – 23th** | ***Breakfast***  Cereal  Fruit  Milk  ***Lunch***  Sliced Turkey w/Cheese Broccoli Fruit Milk  ***Vegetarian Option:***  Grilled Cheese  ***Afternoon Snack***  Vanilla Yogurt Apple Slices Water | ***Breakfast***  Bagel w/Cream Cheese  Fruit  Milk  ***Lunch***  Chicken Taquitos Corn Fruit  Milk  **Vegetarian Option:**  Veggie Chicken Nuggets  ***Afternoon Snack***  Mixed Chex Water | ***Breakfast***  Boiled eggs  Fruit  Milk  ***Lunch***  Cheeseburger w/french fries Tossed Salad w/dressing  Fruit Milk  ***Vegetarian Option:***  Veggie Burger  ***Afternoon Snack***  Crackers w/Sunbutter  Apple Juice Water | ***Breakfast***  Turkey w/Cheese Wraps  Fruit  Milk  **Vegetarian Option:**  Veggie Wraps  ***Lunch***  Chicken Fried Rice w/Veggeie Fruit  Milk  **Vegetarian Option:**  Fried Rice  ***Afternoon Snack***  Granola Bar Water | ***Breakfast***  Pancakes  Fruit Milk  ***Lunch***  Turkey Corndogs w/mixed veggies Fruit Milk  **Vegetarian Option:**  Veggie Chicken Nuggets  ***Afternoon Snack***  Breadsticks w/cheese sauce Water |
| ***WEEK 4***  **February**  **26th - March 2nd** | ***Breakfast***  Cereal  Fruit  MIlk  ***Lunch***  Spaghetti w/meatballs Tossed Salad Fruit Milk  ***Vegetarian Option:***  Spaghetti w/black beans  ***Afternoon Snack***  Chex Mix  Apple Juice Water | ***Breakfast***  English Muffins w/Jelly Fruit Milk  ***Lunch***  Chicken Breast Mashed Potatoes  Peas  Fruit  Milk  ***Vegetarian Option:***  Soy Nuggets  ***Afternoon Snack***  Cheese Sticks Apple Slices Water | ***Breakfast***  Toast w/Fruit  Milk  ***Lunch***  Bean & Cheese Burrito Carrots Fruit  Milk  ***Afternoon Snack***  Orange Slices Goldfish  Water | ***Breakfast***  Oatmeal Strawberries  Milk  ***Lunch***  Soft Turkey Tacos Corn  Fruit  Milk  ***Vegetarian Option:***  Meatless tacos  ***Afternoon Snack***  Graham Crackers Bananas Milk Water | ***Breakfast***  Waffles w/Fruit  Milk  ***Lunch***  Vegetarian Chili w/mixed veggies  Fruit  Milk  ***Afternoon Snack***  Granola Bar Water |
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