**Silverline Montessori**

**Breakfast, Lunch & Snack Menu**

**February 2018**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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 BarWater | ***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 |
|  |  |  |  |  |  |
|  |  |  |  |  |  |