**Silverline Montessori**

**Breakfast and Lunch Menu**

**February 2018**

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|   | Monday | **Tuesday** | Wednesday | **Thursday** | **Friday** |
| ***WEEK 1*****February****1st & 2nd**  |  |   |  | ***Breakfast***Diced MelonWheat English MuffinMilkWaterImage result for wheat english muffins***Lunch***Fish SticksMashed PotatoesConfetti ColeslawApplesauceMilkWater  | ***Breakfast***ApplesauceOatmealMilkWaterImage result for oatmeal***Lunch***Meat SauceRotini Garden PastaVegetable SlicesKiwiMilkWater  |
| ***WEEK 2*****February****5th-9th**  | ***Breakfast***Hot Fruit CompoteFrench Toast SticksMilk Water***Lunch***Chicken SaladOn a Croissant Broccoli FloretsPineapple ChunksMilk WaterImage result for chicken salad | ***Breakfast***Sliced StrawberriesWheat ToastMilkWater***Lunch***Grilled Cheese SandwichTomato SoupParsley CarrotsMelon Fruit CupMilkWaterImage result for grilled cheese | ***Breakfast***Fruit CupBiscuit and GravyMilkWater***Lunch***Herb baked ChickenGreen BeansWheat Roll or BreadRosy PearsMilkWater Image result for herb baked chicken | ***Breakfast***Melon Fruit CupToasted BagelCream CheeseMilkWater***Lunch***Meat TacosRefried BeansShred Lettuce & Diced Tomato & CheeseOrange SegmentsMilkWater Image result for tacos | ***Breakfast***Banana SlicesRice KrispiesMilkWater***Lunch***Hamburger Cheese, Lettuce & TomatoPotato ChipsFruit SaladMilkWaterImage result for hamburger |
| ***WEEK 3*****February****12th-16th**  | ***Breakfast***Hot Cinnamon ApplesWhole Grain WafflesMilk WaterImage result for whole grain waffles***Lunch***Baked ChickenMac N CheeseBroccoli CutsFruit Cup Milk Water | ***Breakfast***Peach DicedButtermilk BiscuitMilkWaterImage result for buttermilk biscuits***Lunch***Chopped Beef SteakBrown Gravy on SideMashed PotatoesMixed Vegetables Mandarin OrangesMilkWater | ***Breakfast***BlueberriesOatmealMilkWaterImage result for oatmeal***Lunch***BBQ Chicken on a BunConfetti ColeslawPear SlicesMilkWater | ***Breakfast***Banana SlicesCheese SliceWheat ToastMilkWaterImage result for banana slices***Lunch***Meat SauceSpaghettiGarlic BreadTossed SaladFruit Cup MilkWater | ***Breakfast***Sliced StrawberriesRice ChexMilkWaterImage result for rice chex***Lunch***Turkey & Cheese SandwichLettuce & TomatoPotato ChipsCucumber SlicesFruit SaladMilkWater |
| ***WEEK 4*****February****19th-23rd**  | ***Breakfast***Banana SlicesCorn FlakesMilk Water ***Lunch***Chicken, Rice & CheesePeas and CarrotsPineapple TidbitsMilk WaterImage result for chicken and rice | ***Breakfast***Orange SegmentsWheat English MuffinsCream CheeseMilkWater***Lunch***Chicken Quesadillas w/SalsaRefried BeansTossed SaladPeach SlicesMilkWater Image result for chicken quesadilla | ***Breakfast***Pineapple ChunksFrench Toast SticksMilkWater***Lunch***Baked ChickenFiesta CornSliced PotatoesWheat Roll or BreadApple SlicesMilkWaterRelated image | ***Breakfast***Peach DicedWheat ToastMilkWater***Lunch***Red BeansRiceStrawberry Spinach SaladFruit Cup MilkWater Related image | ***Breakfast***Sliced StrawberriesOatmealMilkWater***Lunch***Hot Dog with Chili and CheeseFritos Sliced CarrotsMelon Fruit CupMilk WaterImage result for chili cheese hot dog |
| ***WEEK 5*****February****26th-28th**  | ***Breakfast***Hot Cinnamon ApplesEnglish MuffinMilk WaterImage result for hot cinnamon apples***Lunch***Sloppy Joe on Wheat BunFrench FriesGreen BeansPeach DicedMilk Water | ***Breakfast***Banana SlicesCheese Toast/ WheatMilkWaterImage result for banana slices***Lunch***Chicken NuggetsMashed PotatoesMixed VegetablesMandarin OrangesMilk Water | ***Breakfast***Orange SegmentsScrambled EggsCorn TortillaMilkWaterImage result for orange segments***Lunch***Chicken Alfredo with Penne PastaBroccoliFruit CocktailMilkWater |  |  |
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