




Silverline Montessori Breakfast & Lunch Menu November 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 November 5-9	<p><u>Breakfast</u> Rice Krispies Bananas Milk</p> <p><u>Lunch</u> Chicken Alfredo Spinach Salad Peaches Milk</p> <p><u>Vegetarian</u> Fettuccini with Alfredo Sauce</p>	<p><u>Breakfast</u> Turkey Sausage & Biscuit Strawberries Milk</p> <p><u>Lunch</u> Turkey Tacos w/ Lettuce, Tomato & Cheese Applesauce Milk</p> <p><u>Vegetarian</u> Cheese Quesadilla on wheat tortillas</p>	<p><u>Breakfast</u> Bagels with cream Cheese Blueberries Milk</p> <p><u>Lunch</u> Pasta Primavera Mixed vegetables Fresh orange slices Milk</p>	<p><u>Breakfast</u> Scrambled Eggs Toast & Grape jelly Milk</p> <p><u>Lunch</u> Spaghetti with marinara sauce Mixed fruit salad Milk</p> <p><u>Vegetarian</u> Meatless spaghetti</p>	<p><u>Breakfast</u> Mini Pancakes Maple Syrup Milk</p> <p><u>Lunch</u> Smothered Chicken & Rice English Peas Diced pears Milk</p> <p><u>Vegetarian</u> Vegetarian Nuggets</p>
WEEK 2 November 12-16	<p><u>Breakfast</u> Cheerios Pineapples Milk</p> <p><u>Lunch</u> Vegetable Eggrolls Fried rice Mandarin oranges Milk</p>	<p><u>Breakfast</u> French toast Blueberries Milk</p> <p><u>Lunch</u> Chicken Salad on whole wheat Pita Bread Veggie Chips Diced Peaches</p> <p><u>Vegetarian</u> Veggie Nuggets</p>	<p><u>Breakfast</u> Strawberry parfait Milk</p> <p><u>Lunch</u> Turkey meatloaf Mashed sweet potatoes Sliced pears Milk</p> <p><u>Vegetarian</u> Falafels</p>	<p><u>Breakfast</u> Corn Flakes Bananas Milk</p> <p><u>Lunch</u> PTA choice Lunchon</p>	<p><u>Breakfast</u> English Muffin Mixed fruit Milk</p> <p><u>Lunch</u> Baked Chicken Steamed broccoli cuts Fresh orange slices Milk</p> <p><u>Vegetarian</u> Sunbutter Sandwich</p>
WEEK 3 November 19-23	<p><u>Breakfast</u> Rice Krispies Peaches Milk</p> <p><u>Lunch</u> Chicken Nuggets Sweet Potato Fries Sliced bananas Milk</p> <p><u>Vegetarian</u> Veggie Nuggets</p>	<p><u>Breakfast</u> Waffles Strawberries Milk</p> <p><u>Lunch</u> Chef's Salad (Mixed greens, tomato, carrot, turkey ham, boiled egg) Pineapple tidbits Milk</p>	<p><u>Breakfast</u> Mixed Berries Yogurt Granola Milk</p> <p><u>Lunch</u> Spaghetti with Marinara sauce Yellow Squash Fruit cocktail Milk</p>	<p><u>School Closed</u> Happy Thanksgiving</p> 	<p><u>School Closed</u></p>
WEEK 4 November 26-30	<p><u>Breakfast</u> Corn Flakes Fresh Fruit Milk</p> <p><u>Lunch</u> Turkey Sandwich with American Sliced Cheese Corn Nuggets Diced Peaches Milk</p> <p><u>Vegetarian</u> Grilled cheddar cheese sandwich</p>	<p><u>Breakfast</u> Biscuits Peaches Milk</p> <p><u>Lunch</u> Red Beans & White Rice w/ Turkey Sausage Corn Fresh sliced strawberries Milk</p> <p><u>Vegetarian</u> Red Beans & White Rice</p>	<p><u>Breakfast</u> French Toast Sticks Blueberries Milk</p> <p><u>Lunch</u> Chicken Fettuccini Alfredo Spinach Salad Mandarin Oranges Milk</p> <p><u>Vegetarian</u> Fettuccini Alfredo</p>	<p><u>Breakfast</u> Bagels & Cream Cheese Tropical fruit Milk</p> <p><u>Lunch</u> Meatball Sub Cooked carrots Fruit medley Milk</p> <p><u>Vegetarian</u> Falafel sub sandwich w/Tzatziki sauce lettuce & tomato</p>	<p><u>Breakfast</u> French Toast Sticks Blueberries Milk</p> <p><u>Lunch</u> Grilled cheddar cheese sandwich Vegetable soup Sliced apples Milk</p>