




# Silverline Montessori

## November 2018 Breakfast & Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p><b><u>Breakfast</u></b> Corn Flakes, Mixed Fruit Cup, &amp; Milk</p> <p><b><u>Lunch</u></b> Potato Soup, Turkey &amp; Cheese Sandwich, Fruit &amp; Milk <b>V:</b> Potato Soup</p>	<p><b>2</b></p> <p><b><u>Breakfast</u></b> Whole Grain Waffle &amp; Milk</p> <p><b><u>Lunch</u></b> Chicken Nuggets, Vegetables, Fruit &amp; Milk <b>V:</b> Veggie Nuggets</p>
<p><b>5</b></p> <p><b><u>Breakfast</u></b> Banana Slices, Corn Flakes, &amp; Milk</p> <p><b><u>Lunch</u></b> Chicken and Rice, Peas &amp; Carrots, Pineapple Tidbits, &amp; Milk <b>V:</b> Veggie Burgers</p>	<p><b>6</b></p> <p><b><u>Breakfast</u></b> Orange Segments, Wheat English Muffins, Cream Cheese, &amp; Milk</p> <p><b><u>Lunch</u></b> Tacos w/Salsa, Spanish Rice, Tossed Salad, Peaches &amp; Milk <b>V:</b> Cheese Quesadillas</p>	<p><b>7</b></p> <p><b><u>Breakfast</u></b> Pineapple Chunks, French Toast, &amp; Milk</p> <p><b><u>Lunch</u></b> Baked Chicken, Fiesta Corn, Wheat Roll, Apple Slices &amp; Milk <b>V:</b> Veggie Nuggets</p>	<p><b>8</b></p> <p><b><u>Breakfast</u></b> Peach Dices Wheat Toast, &amp; Milk</p> <p><b><u>Lunch</u></b> Chili w/Beans, Rice, Strawberry Spinach Salad, Fruit &amp; Milk <b>V:</b> Veggie Chili</p>	<p><b>9</b></p> <p><b><u>Breakfast</u></b> Oatmeal, Strawberry Slices, &amp; Water</p> <p><b><u>Lunch</u></b> Lasagna w/ Meat Sauce, Garden Salad, Fruit Cup, &amp; Milk <b>V:</b> Veggie Lasagna</p>
<p><b>12</b></p> <p><b><u>Breakfast</u></b> Banana Slices, Corn Flakes. &amp; Water</p> <p><b><u>Lunch</u></b> Hot Dogs, Chili/Cheese, Fritos, Salad, Fruit &amp; Milk <b>V:</b> Tomato Soup</p>	<p><b>13</b></p> <p><b><u>Breakfast</u></b> Orange Segments, English Muffins with Cream Cheese, &amp; Water</p> <p><b><u>Lunch</u></b> Chicken Nuggets, Mac N Cheese, Fruit, Vegetables, &amp; Milk <b>V:</b> Veggie Nuggets</p>	<p><b>14</b></p> <p><b><u>Breakfast</u></b> Croissant with Cream Cheese, Fruit, &amp; Milk</p> <p><b><u>Lunch</u></b> Spaghetti w/Meat Sauce, Salad, Fruit &amp; Milk <b>V:</b> Spaghetti with Marinara</p>	<p><b>15</b></p> <p><b><u>Breakfast</u></b> Wheat Toast with Peaches, &amp; Milk</p> <p><b><u>Lunch</u></b> Taco w/Rice, Refried Beans, Salad, Fruit &amp; Milk <b>V:</b> Veggie Taco</p>	<p><b>16</b></p> <p><b><u>Breakfast</u></b> Oatmeal, Slices of Strawberry, &amp; Water</p> <p><b><u>Lunch</u></b> Thanksgiving Feast</p>
<p><b>19</b></p> <p><b><u>Breakfast</u></b> Waffle with Hot Cinnamon Apples &amp; Milk</p> <p><b><u>Lunch</u></b> Alfredo Pasta w/ Chicken &amp; Broccoli, Fruit &amp; Milk <b>V:</b> Fettuccine w/ Alfredo Sauce</p>	<p><b>20</b></p> <p><b><u>Breakfast</u></b> English Muffin with Cream Cheese, Peaches, &amp; Milk</p> <p><b><u>Lunch</u></b> Tomato Soup &amp; Grilled Cheese Sandwiches Salad, Fruit &amp; Milk <b>V:</b> Mac N Cheese</p>	<p><b>21</b></p> <p><b><u>Breakfast</u></b> Cheerios, Banana Slices &amp; Milk</p> <p><b><u>Lunch</u></b> Baked chicken &amp; Couscous, Salad, Fruit &amp; Milk <b>V:</b> Veggie Nuggets</p>	<p><b>22</b></p> <p></p> <p><b>Building Closed</b></p>	<p><b>23</b></p> <p></p> <p><b>Building Closed</b></p>
<p><b>26</b></p> <p><b><u>Breakfast</u></b> Hard Boiled Eggs, Orange Slices, &amp; Water</p> <p><b><u>Lunch</u></b> Spaghetti w/ Meat Sauce, Salad, Fruit &amp; Milk <b>V:</b> Spaghetti w/ Marinara</p>	<p><b>27</b></p> <p><b><u>Breakfast</u></b> French Toast &amp; Milk</p> <p><b><u>Lunch</u></b> Chicken Nuggets Mac &amp; Cheese, Fruit, Salad, &amp; Milk <b>V:</b> Sun Butter or Cheese Sandwich</p>	<p><b>28</b></p> <p><b><u>Breakfast</u></b> Rice Chex, Strawberries, &amp; Milk</p> <p><b><u>Lunch</u></b> Chopped Beef Steak, Brown Gravy, Mashed Potatoes, Vegetables &amp; Milk <b>V:</b> Veggie Burger</p>	<p><b>29</b></p> <p><b><u>Breakfast</u></b> Corn Flakes, Mixed Fruit Cup, &amp; Milk</p> <p><b><u>Lunch</u></b> Broccoli Cheese Soup, Turkey &amp; Cheese Sandwich, Fruit, &amp; Milk <b>V:</b> Broccoli Cheese Soup</p>	<p><b>30</b></p> <p><b><u>Breakfast</u></b> Peach Dices, Wheat Toast, &amp; Milk</p> <p><b><u>Lunch</u></b> Hot Dogs, Chili/Cheese, Fritos, Salad, Fruit, &amp; Milk <b>V:</b> Veggie Chili</p>