**Silverline Montessori**

**February 2019 Breakfast and Lunch Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  | **1**  **Breakfast**  Whole Grain Waffle, Sausage & Milk  **Lunch**  Chicken Nuggets, Vegetables, Fruit & Milk  **V**: Veggie Nuggets |
| **3**  **Breakfast**  Waffle with Hot Cinnamon Apples & Milk  **Lunch**  Chicken & Broccoli Pasta w/Alfredo Sauce, Fruit & Milk  **V**: Fettuccine w/Alfredo Sauce | **4**  **Breakfast**  Orange Segments, Wheat English Muffins w/Cream Cheese & Milk  **Lunch**  Quesadillas w/Chicken, Spanish Rice, Tossed Salad, Peaches & Milk  **V**: Cheese Quesadillas | **5**  **Breakfast**  Pineapple Chunks, French Toast & Milk  **Lunch**  Chili w/Beans & Rice, Strawberry Spinach Salad,  Fruit Cup & Milk  **V**: Veggie Nuggets | **6**  **Breakfast**  Scrambled Eggs, Wheat Toast & Milk  **Lunch**  Baked Chicken, Fiesta Corn, Wheat Roll or Bread,  Apple Slices & Milk  **V**: Cheese Sandwich | **7**  **Breakfast**  Oatmeal, Strawberry Slices & Water  **Lunch**  Hot Dogs w/Chili & Cheese, Fritos, Fruit Cup & Milk  **V**: Veggie Chili |
| **11**  **Breakfast**  Tropical Fruit, Corn Flakes & Milk  **Lunch**  Chicken & Rice, Peas, Carrots, Pineapples & Milk  **V**: Mac N Cheese | **12**  **Breakfast**  Orange Segments, English Muffins w/Cream Cheese & Water  **Lunch**  Tacos, Rice, Refried Beans,  Salad, Fruit & Milk  **V**: Veggie Taco | **13**  **Breakfast**  Croissant w/Cream Cheese & Fruit  **Lunch**  Spaghetti w/Meat Sauce, Garden Salad, Fruit & Milk  **V**: Spaghetti with Marinara | **14**  **Breakfast**  Pancakes, Peaches & Milk  **Lunch**  Chicken Nuggets, Mac N Cheese, Veggies, Fruit & Milk  **V**: Veggie Nuggets | **15**  **Breakfast**  Oatmeal, Strawberry Slices & Water  **Lunch**  Turkey Sandwich, Lettuce, Tomatoes, Pickles, Potato Chips, Fruit & Milk  **V**: Veggie Burger |
| **18**  **Breakfast**  Waffle with Hot Cinnamon Apples & Milk  **Lunch**  Chicken & Broccoli Pasta w/Alfredo Sauce, Fruit & Milk  **V**: Fettuccine w/Alfredo Sauce | **19**  **Breakfast**  Sausage, Biscuits & Milk  **Lunch**  Chopped Beef Steak, Brown Gravy, Mashed Potatoes, Vegetables & Milk  **V**: Veggie Burger | **20**  **Breakfast**  Cheerios, Banana Slices & Milk  **Lunch**  Baked Chicken, Couscous,  Salad, Fruit & Milk  **V**: Veggie Nuggets | **21**  **Breakfast**  English Muffin w/Cream Cheese & Peaches  **Lunch**  Fish Sticks, Mac N Cheese,  Vegetables, Fruit & Milk  **V**: Mac N Cheese | **22**  **Breakfast**  Peaches Slices, Corn Flakes & Water  **Lunch**  Cheese Pizza, Garden Salad, Fruit & Milk  **V**: Cheese Pizza |
| **25**  **Breakfast**  Corn Flakes, Mixed Fruit Cup & Milk  **Lunch**  Grilled Cheese, Chicken Noodle Soup, Fruit & Milk  **V**: Tomato Soup | **26**  **Breakfast**  French Toast & Milk  **Lunch**  Chicken Nuggets, Vegetables, Fruit Salad & Milk  **V**: Veggie Nuggets | **27**  **Breakfast**  Rice Chex, Strawberries &  Milk  **Lunch**  Lasagna, Strawberry Spinach Salad, Dinner Roll, Fruit & Milk  **V**: Vegetarian Lasagna | **28**  **Breakfast**  Scrambled Eggs, Wheat Toast & Milk  **Lunch**  Tacos, Rice, Refried Beans,  Salad, Fruit & Milk  **V**: Veggie Taco |  |