**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  |  |