**Silverline Montessori**

**March 2019 Breakfast and Lunch Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  | **1**  **Breakfast**  Whole Grain Waffle with SunButter & Milk  **Lunch**  Hot Dogs w/Chili & Cheese, Fritos, Fruit Cup & Milk  **V:** Veggie Chili |
| **4**  **Breakfast**  Scrambled Eggs Whites, Sausage Links & Milk  **Lunch**  Grilled Cheese Sandwich, Tomato Soup, Fruit & Milk  **V**: Same | **5**  **Breakfast**  Cereal Variety & Milk  **Lunch**  Tostado with Meat, Refried Beans, Rice, Cheese, Lettuce and Tomatoes, Fruit & Milk  **V**: Bean and Cheese Tostado | **6**  **Breakfast**  English Muffins with  Cream Cheese or SunButter & Apple Juice  **Lunch**  Alfredo Pasta with Chicken and Broccoli, Fruit & Milk  **V**: Alfredo Pasta | **7**  **Breakfast**  Pancakes & Milk  **Lunch**  Nuggets, Mashed  Potatoes, Green Beans,  Fruit & Milk  **V**: Veggie Nuggets | **8**  **Breakfast**  Sausage, Biscuit & Milk  **Lunch**  Fish Sticks, Mac N Cheese, Veggie & Milk  **V**: Mac N Cheese |
| **11**  **Breakfast**  Yogurt, Granola Bar & Milk  **Lunch**  Chili with Beans & Rice, Strawberry Spinach Salad, Fruit &Milk  **V**: Veggie Chili | **12**  **Breakfast**  Cereal Variety & Milk  **Lunch**  Chicken Quesadilla, Pinto Beans, Tossed Salad, Fruit & Milk  **V**: Cheese Quesadilla | **13**  **Breakfast**  Croissant with Cream Cheese or Butter & Milk  **Lunch**  Spaghetti with Meat Sauce, Veggies, Fruit & Milk  **V**: Spaghetti with Marinara | **14**  **Breakfast**  Oatmeal, Turkey Bacon & Apple Juice  **Lunch**  Chicken Sandwich with Tomato and Lettuce, Chips, Fruit & Milk  **V**: Veggie Patties | **15**  **Breakfast**  Whole Grain Waffle with SunButter & Milk  **Lunch**  Cheese Pizza, Garden Salad, Fruit & Milk  **V**: Cheese Pizza |
| **18**  **Breakfast**  Scrambled Egg Whites, Sausage Links & Milk  **Lunch**  Chicken with Rice, Peas, Carrots, Fruit & Milk  **V**: Rice with Carrots & Peas | **19**  **Breakfast**  Cereal Variety & Milk  **Lunch**  Chicken Tacos with Rice and Black Beans, Salsa, Cheese, Fruit & Milk  **V**: Black Bean & Rice Taco | **20**  **Breakfast**  English Muffins with  Cream Cheese or SunButter & Apple Juice  **Lunch**  Lasagna, Strawberry Spinach Salad, Fruit, Roll, & Milk  **V**: Meatless Lasagna | **21**  **Breakfast**  Pancakes & Milk  **Lunch**  Baked Chicken, French Fries, Carrots, Fruit & Milk  **V**: Veggie Patty | **22**  **Breakfast**  Sausage, Biscuit & Milk  **Lunch**  Hot Dogs w/Chili & Cheese, Fritos, Fruit Cup & Milk  V: Veggie Chili |
| **25**  **Breakfast**  Yogurt, Granola Bar & Milk  **Lunch**  Chicken Noodle Soup, Turkey and Cheese Sandwiches Fruit & Milk  **V**: Cheese Sandwich & Tomato Soup | **26**  **Breakfast**  Cereal Variety & Milk  **Lunch**  Tacos with Meat, Cheese, Lettuce, Tomatoes, Black Beans, Rice. Fruit & Milk  **V**: Black Bean and Cheese Taco | **27**  **Breakfast**  Croissant with Cream Cheese or Butter & Milk  **Lunch**  Baked Ziti, Fruit, Salad & Milk  **V**: Meatless Baked Ziti | **28**  **Breakfast**  Oatmeal, Turkey Bacon & Apple Juice  **Lunch**  Chopped Beef, Mashed Potatoes, Corn, Fruit & Milk  **V**: Veggie Burger | **29**  **Breakfast**  Whole Grain Waffle with SunButter & Milk  **Lunch**  Fish Sticks, Mac N Cheese, Veggie & Milk  **V**: Mac N Cheese |

\*Fruit is served with breakfast Tuesday, Wednesday and Thursday.