**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 withCream 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 withCream 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 & MilkV: 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.