



Silverline Montessori

Breakfast & Lunch Menu

May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>WEEK 1</u> May 6 th -10 th	<p><u>Breakfast</u> Rice Crispies Sliced Bananas Milk</p> <p><u>Morning Snack</u> Saltine crackers String cheese Water</p> <p><u>Lunch</u> BBQ chicken meatballs Mashed sweet potatoes Sliced peaches Milk</p> <p><u>Vegetarian Option</u> BBQ Falafels</p> <p><u>Afternoon Snack</u> Saltine Crackers With Cheese Slices Water</p>	<p><u>Breakfast</u> Cinnamon roll Strawberries Milk</p> <p><u>Morning Snack</u> Strawberries and melon Water</p> <p><u>Lunch</u> Cheese quesadilla Seasoned black beans Applesauce Milk</p> <p><u>Afternoon Snack</u> Pita Chips Guacamole Water</p>	<p><u>Breakfast</u> Turkey Sausage Egg and cheese biscuit Blueberries Milk</p> <p><u>Morning Snack</u> Graham Crackers Water</p> <p><u>Lunch</u> Veggie Lasagna Ceasar salad Tropical fruit Milk</p> <p><u>Afternoon Snack</u> Greek Yogurt with Peaches Water</p>	<p><u>Breakfast</u> Toasted English muffin Strawberry Jelly Mixed fruit Milk</p> <p><u>Morning Snack</u> Banana muffins Water</p> <p><u>Lunch</u> Chicken Salad Sandwich on Bun Italian Green beans Oranges Milk</p> <p><u>Vegetarian Option</u> Tofu Salad sandwich on Bun</p> <p><u>Afternoon Snack</u> Pretzel Sticks Water</p>	<p><u>Breakfast</u> Bagels with cream cheese Orange slices Milk</p> <p><u>Morning Snack</u> Goldfish Water</p> <p><u>Lunch</u> Cheese Pizza Fiesta Corn Sliced Bananas Milk</p> <p><u>Afternoon Snack</u> Chips and queso Water</p>
<u>Week 2</u> May 13 th -17 th	<p><u>Breakfast</u> Corn Flakes Peaches Milk</p> <p><u>Morning Snack</u> Animal crackers Pineapples Water</p> <p><u>Lunch</u> Beef meatloaf with tomato sauce Buttered mashed potatoes Pineapples Milk</p> <p><u>Vegetarian Option</u> Falafels with tomato sauce</p> <p><u>Afternoon Snack</u> Ritz Crackers with Sunbutter Water</p>	<p><u>Breakfast</u> Turkey Sausage Cheddar cheese toast Milk</p> <p><u>Morning Snack</u> Chex mix Water</p> <p><u>Lunch</u> Sweet and Sour Chicken Steamed Rice Apple Slices Milk</p> <p><u>Vegetarian Option</u> Sweet and Sour Tofu</p> <p><u>Afternoon Snack</u> Pita Bread Greek Dipping Oil Water</p>	<p><u>Breakfast</u> Waffles Pineapples Milk</p> <p><u>Morning Snack</u> Cinnamon muffins Water</p> <p><u>Lunch</u> Creamy Chicken and Broccoli Alfredo Tomato and Spinach Salad Peaches Milk</p> <p><u>Vegetarian Option</u> Creamy Broccoli Alfredo</p> <p><u>Afternoon Snack</u> Graham Crackers Water</p>	<p><u>Breakfast</u> Cinnamon Raisin Bagels with cream cheese Apple slices Milk</p> <p><u>Morning Snack</u> Pineapples and melon Water</p> <p><u>Lunch</u> Smoked Turkey and cheddar cheese club sandwich Buttered Corn Apple Slices Milk</p> <p><u>Vegetarian Option</u> Grilled cheddar cheese sandwich</p> <p><u>Afternoon Snack</u> Garlic Bread sticks with marinara sauce Water</p>	<p><u>Breakfast</u> Mini Pancakes Blueberries Milk</p> <p><u>Morning Snack</u> Cheerios Pineapples Water</p> <p><u>Lunch</u> Cheese burger with lettuce, tomato and pickle Corn nuggets Pineapples Milk</p> <p><u>Vegetarian Option</u> Vegetarian Burger with lettuce, tomato and pickle</p> <p><u>Afternoon Snack</u> Cheez-its Water</p>



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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 20 th -24 th	<p><u>Breakfast</u> Cheerios Pineapples Milk</p> <p><u>Morning Snack</u> Strawberries and melon Water</p> <p><u>Lunch</u> Chicken and cheddar rice bake Green Peas Fresh Bananas Milk</p> <p><u>Vegetarian Option</u> Cheesy Cheddar Rice Bake</p> <p><u>Afternoon Snack</u> Saltine Crackers with Cheese Cubes Water</p>	<p><u>Breakfast</u> Mixed berry parfait Milk</p> <p><u>Morning Snack</u> Goldfish Water</p> <p><u>Lunch</u> Crispy Chicken and Cheddar cheese Tacos Mixed Vegetables Tropical Fruit Milk</p> <p><u>Vegetarian Option</u> Cheddar cheese Quesadilla</p> <p><u>Afternoon Snack</u> Pita Chips Hummus Water</p>	<p><u>Breakfast</u> French toast sticks Tropical fruit Milk</p> <p><u>Morning Snack</u> Nutrigrain bar Water</p> <p><u>Lunch</u> Cheese Tortellini With Marinara Sauce Spinach salad Fresh Strawberries Milk</p> <p><u>Afternoon Snack</u> Applesauce Banana slices Water</p>	<p><u>Breakfast</u> Biscuit Grape Jelly Sliced peaches Milk</p> <p><u>Morning Snack</u> Blueberry muffin Water</p> <p><u>Lunch</u> Grilled Chicken and cheese melt Buttered Carrots Apple Slices Milk</p> <p><u>Vegetarian Option</u> Grilled cheddar cheese sandwich</p> <p><u>Afternoon Snack</u> Soft Pretzels with cheese sauce Water</p>	<p><u>Breakfast</u> Cheddar cheese wheat toast Turkey sausage Milk</p> <p><u>Morning Snack</u> Animal crackers Water</p> <p><u>Lunch</u> BBQ Chicken Sandiwch on Bun Baked Beans Pineapples and Oranges Milk</p> <p><u>Vegetarian Option</u> Vegetarian Burger</p> <p><u>Afternoon Snack</u> Trail Mix Water</p>
WEEK 4 May 27 th -31 st	<p><u>Breakfast</u> Frosted flakes Sliced bananas Milk</p> <p><u>Morning Snack</u> Cinnamon spiced peaches Water</p> <p><u>Lunch</u> Turkey Meatballs with Gravy Mashed potatoes Sliced peaches Milk</p> <p><u>Vegetarian Option</u> Falafels with Gravy</p> <p><u>Afternoon Snack</u> Ritz Crackers with Brie Cheese Spread Water</p>	<p><u>Breakfast</u> Waffles with maple syrup Turkey sausage Blueberries Milk</p> <p><u>Morning Snack</u> Cheerios Banana slices Water</p> <p><u>Lunch</u> Teriyaki Chicken and Vegetable Stir Fry Steamed Rice Pineapples Milk</p> <p><u>Vegetarian Option</u> Teriyaki Vegetable Stir Fry</p> <p><u>Afternoon Snack</u> Pita Bread Spinach Artichoke Dip Water</p>	<p><u>Breakfast</u> French toast sticks Tropical fruit Milk</p> <p><u>Morning Snack</u> Animal crackers Water</p> <p><u>Lunch</u> Chicken Spaghetti with Cheddar cheese sauce Green beans Diced pears Milk</p> <p><u>Vegetarian Option</u> Spaghetti with cheddar cheese sauce</p> <p><u>Afternoon Snack</u> Animal Crackers Water</p>	<p><u>Breakfast</u> English muffin Grape jelly Mandarin oranges Milk</p> <p><u>Morning Snack</u> Ritz crackers Sunbutter Water</p> <p><u>Lunch</u> Hot Roast Beef Sandwich with provolone cheese on Bun Green peas Oranges Milk</p> <p><u>Vegetarian Option</u> Grilled Cheddar cheese sandwich</p> <p><u>Afternoon Snack</u> Tomato basil mozzarella toast Water</p>	<p><u>Breakfast</u> Turkey Sausage and egg tacos Milk</p> <p><u>Morning Snack</u> Nutrigrain bar Water</p> <p><u>Lunch</u> Chicken Nuggets Macaroni and Cheese Mixed Berries Milk</p> <p><u>Vegetarian Option</u> Vegetarian Nuggets</p> <p><u>Afternoon Snack</u> Oatmeal cookies Water</p>