




Silverline Montessori

May 2019 Breakfast and Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Breakfast</u> English Muffins, Cream Cheese & Milk <u>Lunch</u> Lasagna, Strawberry Spinach Salad, Fruit Cup, Dinner Roll, & Milk V: Vegetarian Lasagna	2 <u>Breakfast</u> Oatmeal & Milk <u>Lunch</u> Baked Chicken, Fiesta Corn, Wheat Roll or Bread, Apple Slices & Milk V: Veggie Nuggets	3 <u>Breakfast</u> Scrambled Eggs, Wheat Toast & Water <u>Lunch</u> Chopped Beef Steak, Brown Gravy, Mashed Potatoes, Green Bean & Milk V: Tomato Soup
6 <u>Breakfast</u> Waffle w/Hot Cinnamon Apples & Milk <u>Lunch</u> Chicken Casserole, Veggie Pineapple Tidbits & Milk V: Veggie Nuggets	7 <u>Breakfast</u> Cereal Variety & Milk <u>Lunch</u> Chicken Taco, Black Beans, Cheese, Spanish Rice, Tossed Salad, Peaches & Milk V: Cheese Quesadillas	8 <u>Breakfast</u> French Toast & Milk <u>Lunch</u> Spaghetti w/Meat Sauce, Tossed Salad, Fruit & Milk V: Spaghetti with Marinara	9 <u>Breakfast</u> Yogurt, Fruit Grain Bar & Milk <u>Lunch</u> BBQ Chicken Sandwich French Fries, Corn, Fruit Cup & Milk V: Veggie Burger	10 <u>Breakfast</u> Biscuits, Sausage & Milk <u>Lunch</u> Fish Sticks, Mac N Cheese, Broccoli & Milk V: Mac N Cheese
13 <u>Breakfast</u> French Toast & Milk <u>Lunch</u> Hot Dogs, Chili, Cheese, Fritos, Veggie, Fruit & Milk V: Veggie Chili	14 <u>Breakfast</u> Cereal Variety & Milk <u>Lunch</u> Taco w/Rice, Refried Beans, Salad, Fruit & Milk V: Bean & Cheese Taco	15 <u>Breakfast</u> Croissant w/Cream Cheese & Milk <u>Lunch</u> Chicken & Broccoli Pasta w/Alfredo Sauce, Fruit & Milk V: Fettuccine w/Alfredo Sauce	16 <u>Breakfast</u> Oatmeal & Water <u>Lunch</u> Chicken Nuggets, Mashed Potatoes, Veggies, Fruit & Milk V: Veggie Nuggets	17 <u>Breakfast</u> Scrambled Eggs, Wheat Toast & Water <u>Lunch</u> Turkey Sandwich, Lettuce, Tomatoes, Pickles, Chips Fruit & Milk, V: Cheese Sandwich
20 <u>Breakfast</u> Waffle w/Hot Cinnamon Apples & Milk <u>Lunch</u> Chicken Casserole, Veggie Pineapple Tidbits Milk V: Veggie Nuggets	21 <u>Breakfast</u> Cereal Variety & Milk <u>Lunch</u> Chicken Quesadillas, Refried Beans & Rice Fruit & Milk V: Cheese Quesadillas	22 <u>Breakfast</u> English Muffin w/Cream Cheese <u>Lunch</u> Baked Ziti, Fruit, Vegetables & Milk V: Veggie Pasta	23 <u>Breakfast</u> Egg Whites, Toast, Jelly & Apple Juice <u>Lunch</u> Sweet & Sour Bakes Chicken, Veggie Egg Roll White Rice, Vegetables, Fruit & Milk V: Veggies w/White Rice	24 <u>Breakfast</u> Yogurt, Fruit Grain Bar & Milk <u>Lunch</u> Cheese Pizza, Garden Salad, Fruit & Milk V: Cheese Pizza
27 Building Closed in Observance of Memorial Day 	28 <u>Breakfast</u> Cereal Variety & Milk <u>Lunch</u> Tostado w/Meat, Rice, Refried Beans, Salad, Fruit & Milk V: Veggie Taco	29 <u>Breakfast</u> Croissant w/Cream Cheese & Milk <u>Lunch</u> Spaghetti w/Meat Sauce, Vegetables, Fruit & Milk V: Spaghetti with Marinara	30 <u>Breakfast</u> Scrambled Eggs, Toast, Jelly & Milk <u>Lunch</u> Chicken Nuggets, Vegetables, Fruit Salad & Milk V: Veggie Nuggets	31 <u>Breakfast</u> Biscuits, Sausage & Milk <u>Lunch</u> BBQ Chicken Sandwich French Fries, Fiesta Corn, Fruit & Milk V: Veggie Burger

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