




# Silverline Montessori

## July 2019 Breakfast and Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b><u>Breakfast</u></b> Yogurt, Fruit Grain Bar &amp; Milk</p> <p><b><u>Lunch</u></b> Turkey Croissant Sandwich, Lettuce, Tomatoes, Pickles, Chips Fruit &amp; Milk,  V: Cheese Sandwich</p>	<p><b>2</b></p> <p><b><u>Breakfast</u></b> Cereal Variety &amp; Milk</p> <p><b><u>Lunch</u></b> Taco w/Rice, Refried Beans, Salad, Fruit &amp; Milk  V: Bean &amp; Cheese Taco</p>	<p><b>3</b></p> <p><b><u>Breakfast</u></b> Croissant w/Cream Cheese &amp; Milk</p> <p><b><u>Lunch</u></b> Spaghetti w/Meat Sauce, Vegetables, Fruit &amp; Milk  V: Spaghetti with Marinara</p>	<p><b>4</b></p> <p style="text-align: center;"><b>Building Closed</b></p> <div style="text-align: center;">  </div>	<p><b>5</b></p> <p><b><u>Breakfast</u></b> Scrambled Eggs, Turkey Bacon, Wheat Toast &amp; Water</p> <p><b><u>Lunch</u></b> Hamburger, Mashed Potatoes, Green Bean &amp; Milk  V: Veggie Burger</p>
<p><b>8</b></p> <p><b><u>Breakfast</u></b> Pancakes &amp; Milk</p> <p><b><u>Lunch</u></b> Mini Corndogs, Fritos, Baked Beans, Fruit &amp; Milk  V: Veggie Nuggets</p>	<p><b>9</b></p> <p><b><u>Breakfast</u></b> Cereal Variety &amp; Milk</p> <p><b><u>Lunch</u></b> Chicken Quesadillas, Refried Beans &amp; Rice Fruit &amp; Milk  V: Cheese Quesadillas</p>	<p><b>10</b></p> <p><b><u>Breakfast</u></b> English Muffins, Cream Cheese &amp; Milk</p> <p><b><u>Lunch</u></b> Chicken &amp; Broccoli Pasta w/Alfredo Sauce, Fruit &amp; Milk  V: Fettuccine w/Alfredo Sauce</p>	<p><b>11</b></p> <p><b><u>Breakfast</u></b> Egg Whites, Toast, Jelly &amp; Apple Juice</p> <p><b><u>Lunch</u></b> BBQ Chicken Sandwich Chips, Corn, Fruit Cup &amp; Milk  V: Veggie Burger</p>	<p><b>12</b></p> <p><b><u>Breakfast</u></b> Biscuits, Sausage &amp; Milk</p> <p><b><u>Lunch</u></b> Fish Sticks, Mac N Cheese, Broccoli &amp; Milk  V: Mac N Cheese</p>
<p><b>15</b></p> <p><b><u>Breakfast</u></b> French Toast &amp; Milk</p> <p><b><u>Lunch</u></b> Chicken Casserole, Veggie Pineapple Tidbits &amp; Milk  V: Veggie Nuggets</p>	<p><b>16</b></p> <p><b><u>Breakfast</u></b> Cereal Variety &amp; Milk</p> <p><b><u>Lunch</u></b> Taco w/Rice, Refried Beans, Salad, Fruit &amp; Milk  V: Bean &amp; Cheese Taco</p>	<p><b>17</b></p> <p><b><u>Breakfast</u></b> Croissant w/Cream Cheese &amp; Milk</p> <p><b><u>Lunch</u></b> Ravioli, Strawberry Spinach Salad, Fruit Cup, Dinner Roll, &amp; Milk  V: Vegetarian Lasagna</p>	<p><b>18</b></p> <p><b><u>Breakfast</u></b> Oatmeal &amp; Water</p> <p><b><u>Lunch</u></b> Baked Chicken, Fiesta Corn, Wheat Roll or Bread, Apple Slices &amp; Milk  V: Veggie Nuggets</p>	<p><b>19</b></p> <p><b><u>Breakfast</u></b> Scrambled Eggs, Turkey Bacon, Wheat Toast &amp; Water</p> <p><b><u>Lunch</u></b> Hot Dogs, Chili, Cheese, French Fries, Veggie, Fruit &amp; Milk  V: Veggie Chili</p>
<p><b>22</b></p> <p><b><u>Breakfast</u></b> Waffle w/Hot Cinnamon Apples &amp; Milk</p> <p><b><u>Lunch</u></b> Turkey Croissant Sandwich, Lettuce, Tomatoes, Pickles, Chips Fruit &amp; Milk,  V: Cheese Sandwich</p>	<p><b>23</b></p> <p><b><u>Breakfast</u></b> Cereal Variety &amp; Milk</p> <p><b><u>Lunch</u></b> Chicken Taco, Black Beans, Cheese, Spanish Rice, Tossed Salad, Peaches &amp; Milk  V: Cheese Quesadillas</p>	<p><b>24</b></p> <p><b><u>Breakfast</u></b> English Muffin w/Cream Cheese &amp; Milk</p> <p><b><u>Lunch</u></b> Spaghetti w/Meat Sauce, Vegetables, Fruit &amp; Milk  V: Spaghetti with Marinara</p>	<p><b>25</b></p> <p><b><u>Breakfast</u></b> Egg Whites, Toast, Jelly &amp; Apple Juice</p> <p><b><u>Lunch</u></b> Sweet &amp; Sour Baked Chicken, Veggie Egg Roll White Rice, Vegetables, Fruit &amp; Milk  V: Veggies w/White Rice</p>	<p><b>26</b></p> <p><b><u>Breakfast</u></b> Biscuits, Sausage &amp; Milk</p> <p><b><u>Lunch</u></b> Cheese Pizza, Garden Salad, Fruit &amp; Milk  V: Cheese Pizza</p>
<p><b>29</b></p> <p><b><u>Breakfast</u></b> Pancakes &amp; Milk</p> <p><b><u>Lunch</u></b> Mini Corndogs, Fritos, Baked Beans, Fruit &amp; Milk  V: Veggie Nuggets</p>	<p><b>30</b></p> <p><b><u>Breakfast</u></b> Cereal Variety &amp; Milk</p> <p><b><u>Lunch</u></b> Tostado w/Meat, Rice, Refried Beans, Salad, Fruit &amp; Milk  V: Veggie Taco</p>	<p><b>31</b></p> <p><b><u>Breakfast</u></b> Croissant w/Cream Cheese &amp; Milk</p> <p><b><u>Lunch</u></b> Baked Ziti, Fruit, Vegetables &amp; Milk  V: Veggie Pasta</p>		

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

