




Silverline Montessori

Breakfast, Lunch & Snack Menu

July 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 July 1 st -5 th	<p><u>Breakfast</u> Cheerios Banana Slices Milk</p> <p><u>Morning Snack</u> Blueberry NutriGrain Bar Water</p> <p><u>Lunch</u> Grilled Chicken Strips Seasoned Green Beans Fresh Fruit Salad</p> <p><u>Vegetarian Option</u> Vegetarian Nuggets</p> <p><u>Afternoon Snack</u> Ritz Crackers Cheese Cubes Water</p>	<p><u>Breakfast</u> Toasted English Muffin With Grape Jelly Apple Slices Milk</p> <p><u>Morning Snack</u> Sliced Pears Water</p> <p><u>Lunch</u> Taco Tuesday Ground Turkey Lettuce and tomato on flour tortillas Mangos Milk</p> <p><u>Vegetarian Option</u> Cheese Quesadilla</p> <p><u>Afternoon Snack</u> Chips and Queso Water</p>	<p><u>Breakfast</u> Turkey Sausage Taco with Cheddar Cheese Orange Slices Milk</p> <p><u>Morning Snack</u> Cucumber Slices with ranch Water</p> <p><u>Lunch</u> Smoked Turkey and Cheddar Cheese Sandwich Pineapples Green Beans Milk</p> <p><u>Vegetarian Option</u> Grilled cheddar cheese sandwich on whole wheat bread</p> <p><u>Afternoon Snack</u> Oatmeal Cookies</p>	<p><u>School Closed</u></p> 	<p><u>Breakfast</u> Whole Grain Waffles with sunbutter Mixed Berries Milk</p> <p><u>Morning Snack</u> Fresh Orange Slices Water</p> <p><u>Lunch</u> Turkey Cheeseburger Sweet Potato Fries Fresh Strawberries Milk</p> <p><u>Vegetarian Option</u> Boca Burger</p> <p><u>Afternoon Snack</u> Hummus with Pita bread Water</p>
WEEK 2 July 8 th -12 th	<p><u>Breakfast</u> Corn Flakes Fresh Strawberries Milk</p> <p><u>Morning Snack</u> Banana slices Water</p> <p><u>Lunch</u> Garlic and Herb Baked Chicken Breast Steamed Zucchini Mandarin Oranges Milk</p> <p><u>Vegetarian Option</u> Vegetarian Nuggets</p> <p><u>Afternoon Snack</u> Soft pretzel sticks Water</p>	<p><u>Breakfast</u> Scrambled Eggs Turkey Sausage Blueberries Milk</p> <p><u>Morning Snack</u> Baby carrots with hummus Water</p> <p><u>Lunch</u> Turkey Meatballs and gravy Buttered Rice Diced Peaches Milk</p> <p><u>Vegetarian Option</u> Falafels and buttered rice</p> <p><u>Afternoon Snack</u> Applesauce and teddy grahams Water</p>	<p><u>Breakfast</u> Cinnamon Raisin Bagel with cream cheese Pears Milk</p> <p><u>Morning Snack</u> Watermelon Provolone Cheese Water</p> <p><u>Lunch</u> Chicken Salad Sandwich on Pita Bread Broccoli Florets Mandarin Oranges Milk</p> <p><u>Vegetarian Option</u> Grilled cheddar cheese sandwich on whole wheat bread</p> <p><u>Afternoon Snack</u> Greek Yogurt Fresh Cut Strawberries Water</p>	<p><u>Breakfast</u> Cinnamon Oatmeal Golden Raisins Milk</p> <p><u>Morning Snack</u> Sliced Apples String Cheese Water</p> <p><u>Lunch</u> Pasta Primavera Sautéed Mixed Vegetables Fresh sliced oranges Milk</p> <p><u>Afternoon Snack</u> Chips and Guacamole</p>	<p><u>Breakfast</u> Yogurt Parfait Diced Peaches Milk</p> <p><u>Morning Snack</u> Fresh Pineapple Chunks Water</p> <p><u>Lunch</u> Chicken Egg Rolls Sautéed Broccoli Oranges Milk</p> <p><u>Vegetarian Option</u> Vegetable Egg Rolls</p> <p><u>Afternoon Snack</u> Saltine crackers Turkey and cheese slices Water</p>
WEEK 3 July 15 th -19 th	<p><u>Breakfast</u> Cheerios Banana Slices Milk</p> <p><u>Morning Snack</u> Blueberry NutriGrain Bar Water</p> <p><u>Lunch</u> Grilled Chicken Strips Seasoned Green Beans Fresh Fruit Salad</p> <p><u>Vegetarian Option</u> Vegetarian Nuggets</p> <p><u>Afternoon Snack</u> Ritz Crackers Cheese Cubes Water</p>	<p><u>Breakfast</u> Toasted English Muffin With Grape Jelly Apple Slices Milk</p> <p><u>Morning Snack</u> Sliced Pears & Water</p> <p><u>Lunch</u> Taco Tuesday Ground Turkey Lettuce and tomato on flour tortillas Mangos Milk</p> <p><u>Vegetarian Option</u> Cheese Quesadilla</p> <p><u>Afternoon Snack</u> Chips and Queso Water</p>	<p><u>Breakfast</u> Turkey Sausage Taco with Cheddar Cheese Orange Slices Milk</p> <p><u>Morning Snack</u> Cucumber Slices with ranch Water</p> <p><u>Lunch</u> Smoked Turkey and Cheddar Cheese Sandwich Pineapples Green Beans Milk</p> <p><u>Vegetarian Option</u> Grilled cheddar cheese sandwich on whole wheat bread</p> <p><u>Afternoon Snack</u> Oatmeal Cookies</p>	<p><u>Breakfast</u> Whole Grain Cheese Toast Pineapple Milk</p> <p><u>Morning Snack</u> Strawberry Greek Yogurt With granola Water</p> <p><u>Lunch</u> Teriyaki Chicken Stir fry with mixed vegetables Rice Oranges Milk</p> <p><u>Vegetarian Option</u> Teriyaki stir fry with mixed vegetables</p> <p><u>Afternoon Snack</u> Watermelon Graham crackers Water</p>	<p><u>Breakfast</u> Whole Grain Waffles with sunbutter Mixed Berries Milk</p> <p><u>Morning Snack</u> Fresh Orange Slices Water</p> <p><u>Lunch</u> Turkey Cheeseburger Sweet Potato Fries Fresh Strawberries Milk</p> <p><u>Vegetarian Option</u> Boca Burger</p> <p><u>Afternoon Snack</u> Hummus with Pita bread Water</p>



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<p><u>WEEK 4</u> July 22nd - 26th</p>	<p><u>Breakfast</u> Corn Flakes Fresh Strawberries Milk</p> <p><u>Morning Snack</u> Banana slices Water</p> <p><u>Lunch</u> Garlic and Herb Baked Chicken Breast Steamed Zucchini Mandarin Oranges Milk</p> <p><u>Vegetarian Option</u> Vegetarian Nuggets</p> <p><u>Afternoon Snack</u> Soft pretzel sticks Water</p>	<p><u>Breakfast</u> Scrambled Eggs Turkey Sausage Blueberries Milk</p> <p><u>Morning Snack</u> Baby carrots with hummus Water</p> <p><u>Lunch</u> Turkey Meatballs and gravy Buttered Rice Diced Peaches Milk</p> <p><u>Vegetarian Option</u> Falafels and buttered rice</p> <p><u>Afternoon Snack</u> Applesauce and teddy grahams Water</p>	<p><u>Breakfast</u> Cinnamon Raisin Bagel with cream cheese Pears Milk</p> <p><u>Morning Snack</u> Watermelon Provolute Cheese Water</p> <p><u>Lunch</u> Chicken Salad Sandwich on Pita Bread Broccoli Florets Mandarin Oranges Milk</p> <p><u>Vegetarian Option</u> Grilled cheddar cheese sandwich on whole wheat bread</p> <p><u>Afternoon Snack</u> Greek Yogurt Fresh Cut Strawberries Water</p>	<p><u>Breakfast</u> Cinnamon Oatmeal Golden Raisins Milk</p> <p><u>Morning Snack</u> Sliced Apples String Cheese Water</p> <p><u>Lunch</u> Pasta Primavera Sautéed Mixed Vegetables Fresh sliced oranges Milk</p> <p><u>Afternoon Snack</u> Chips and Guacamole</p>	<p><u>Breakfast</u> Yogurt Parfait Diced Peaches Milk</p> <p><u>Morning Snack</u> Fresh Pineapple Chunks Water</p> <p><u>Lunch</u> Chicken Egg Rolls Sautéed Broccoli Oranges Milk</p> <p><u>Vegetarian Option</u> Vegetable Egg Rolls</p> <p><u>Afternoon Snack</u> Saltine crackers Turkey and cheese slices Water</p>
<p><u>WEEK 5</u> July 29th- August 2nd</p>	<p><u>Breakfast</u> Cheerios Banana Slices Milk</p> <p><u>Morning Snack</u> Blueberry NutriGrain Bar Water</p> <p><u>Lunch</u> Grilled Chicken Strips Seasoned Green Beans Fresh Fruit Salad</p> <p><u>Vegetarian Option</u> Vegetarian Nuggets</p> <p><u>Afternoon Snack</u> Ritz Crackers Cheese Cubes Water</p>	<p><u>Breakfast</u> Toasted English Muffin With Grape Jelly Apple Slices Milk</p> <p><u>Morning Snack</u> Sliced Pears Water</p> <p><u>Lunch</u> Taco Tuesday Ground Turkey Lettuce and tomato on flour tortillas Mangos Milk</p> <p><u>Vegetarian Option</u> Cheese Quesadilla</p> <p><u>Afternoon Snack</u> Chips and Queso Water</p>	<p><u>Breakfast</u> Turkey Sausage Taco with Cheddar Cheese Orange Slices Milk</p> <p><u>Morning Snack</u> Cucumber Slices with ranch Water</p> <p><u>Lunch</u> Smoked Turkey and Cheddar Cheese Sandwich Pineapples Green Beans Milk</p> <p><u>Vegetarian Option</u> Grilled cheddar cheese sandwich on whole wheat bread</p> <p><u>Afternoon Snack</u> Oatmeal Cookies</p>	<p><u>Breakfast</u> Whole Grain Cheese Toast Pineapple Milk</p> <p><u>Morning Snack</u> Strawberry Greek Yogurt With granola Water</p> <p><u>Lunch</u> Teriyaki Chicken Stir fry with mixed vegetables Rice Oranges Milk</p> <p><u>Vegetarian Option</u> Teriyaki stir fry with mixed vegetables</p> <p><u>Afternoon Snack</u> Watermelon Graham crackers Water</p>	<p><u>Breakfast</u> Whole Grain Waffles with sunbutter Mixed Berries Milk</p> <p><u>Morning Snack</u> Fresh Orange Slices Water</p> <p><u>Lunch</u> Turkey Cheeseburger Sweet Potato Fries Fresh Strawberries Milk</p> <p><u>Vegetarian Option</u> Boca Burger</p> <p><u>Afternoon Snack</u> Hummus with Pita bread Water</p>