

Silverline Montessori August 2019 Breakfast and Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Breakfast Oatmeal & Water	Breakfast Scrambled Eggs, Turkey
			Gainear & Water	Bacon, Wheat Toast &
			Lunch	Water
			Chicken Pineapple Stir-fry, Brown Rice with Veggie	<u>Lunch</u> Hamburger, Mashed
			Mixture & Milk	Potatoes, Green Bean &
				Milk
			V: Pineapple Stir-fry	V: Veggie Burger
5	6	7	8	9
<u>Breakfast</u> Pancakes & Milk	<u>Breakfast</u> Cereal Variety & Milk	<u>Breakfast</u> English Muffins, Cream	Breakfast Egg Whites, Toast, Jelly &	Breakfast Biscuits, Sausage & Milk
T aneakes & Wink	Cerear Variety & Milk	Cheese & Milk	Apple Juice	Discuits, Sausage & Milk
Lunch Marthall Sub China Emit	Lunch	T and the	T and the	Lunch
Meatball Sub, Chips, Fruit & Milk	Chicken Quesadillas, Refried Beans & Rice	Lunch Chicken Alfredo Pasta,	<u>Lunch</u> BBQ Chicken Sandwich	Fish Sticks, Mac N Cheese, Broccoli & Milk
	Fruit & Milk	Snap Peas, Fruit & Milk	Chips, Corn, Fruit Cup &	
V: Veggie Nuggets	V: Cheese Quesadillas	V: Fettuccine w/Alfredo	Milk	V: Mac N Cheese
	•. Cheese Quesaumas	Sauce	V: Veggie Burger	
12	13	14	15	16
<u>Breakfast</u> French Toast & Milk	Breakfast		Breakfast Oatmeal & Water	Breakfast
French Toast & Milk	Cereal Variety & Milk	Building Closed Teacher In-Service	Oatmeal & water	Scrambled Eggs, Turkey Bacon, Wheat Toast &
Lunch	Lunch	Teacher In-Service	<u>Lunch</u>	Water
Chicken Casserole, Veggie Pineapple Tidbits & Milk	Taco w/Rice, Refried Beans, Salad, Fruit & Milk		Sweet & Sour Baked Chicken, Veggie Egg Roll	Lunch
i incappie ridons & with	Dealis, Salad, Fruit & Wilk		White Rice, Vegetables,	Hot Dogs, Chili, Cheese,
V: Veggie Nuggets	V: Bean & Cheese Taco		Fruit & Milk	French Fries, Veggie, Fruit
			V: Veggies w/White Rice	& Milk
			V. Veggles w/ White Rice	V: Veggie Chili
19	20	21	22	23
<u>Breakfast</u> Waffle w/Hot Cinnamon	<u>Breakfast</u> Cereal Variety & Milk	Breakfast English Muffin w/Cream	Breakfast Egg Whites, Toast, Jelly &	<u>Breakfast</u> Biscuits, Sausage & Milk
Apples & Milk	coroar varioty to mink	Cheese & Milk	Apple Juice	Discuris, Buusuge & Mink
T ah	<u>Lunch</u> Chicken Taco, Black	Th	Th	Lunch Chasse Dizza, Carden
Lunch Turkey Croissant	Beans, Cheese, Spanish	<u>Lunch</u> Ravioli, Strawberry	Lunch Baked Chicken, Fiesta	Cheese Pizza, Garden Salad, Fruit & Milk
Sandwich, Lettuce,	Rice, Tossed Salad,	Spinach Salad, Fruit Cup,	Corn, Wheat Roll or Bread,	
Tomatoes, Pickles, Chips	Peaches & Milk	Dinner Roll, & Milk	Apple Slices & Milk	V: Cheese Pizza
Fruit & Milk,	V: Cheese Quesadillas	V: Vegetarian Lasagna	V: Veggie Nuggets	v. Cheese Pizza
V: Cheese Sandwich	-			
26 Breakfast	27 <u>Breakfast</u>	28 <u>Breakfast</u>	29 Breakfast	30 <u>Breakfast</u>
Pancakes & Milk	Cereal Variety & Milk	Croissant w/Cream Cheese	Oatmeal & Water	Scrambled Eggs, Turkey
		& Milk		Bacon, Wheat Toast &
<u>Lunch</u> Mini Corndogs, Fritos,	Lunch Tostado w/Meat, Rice,	Lunch	Lunch Chicken Nuggets, Mashed	Water
Baked Beans, Fruit & Milk	Refried Beans, Salad,	Spaghetti w/Meat Sauce,	Potatoes, Corn, Fruit &	<u>Lunch</u>
X 7. X7	Fruit & Milk	Vegetables, Fruit & Milk	Milk	Baked Mac & Cheese,
V: Veggie Nuggets	V: Veggie Taco	V: Spaghetti with Marinara	V: Veggie Nuggets	Peas, Fruit, Roll, & Milk
		··· Spugnour with marmara		V: Baked Mac and Cheese

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