




# Silverline Montessori

## August 2019 Breakfast and Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <u>Breakfast</u> Oatmeal & Water  <u>Lunch</u> Chicken Pineapple Stir-fry, Brown Rice with Veggie Mixture & Milk  V: Pineapple Stir-fry	<b>2</b> <u>Breakfast</u> Scrambled Eggs, Turkey Bacon, Wheat Toast & Water  <u>Lunch</u> Hamburger, Mashed Potatoes, Green Bean & Milk  V: Veggie Burger
<b>5</b> <u>Breakfast</u> Pancakes & Milk  <u>Lunch</u> Meatball Sub, Chips, Fruit & Milk  V: Veggie Nuggets	<b>6</b> <u>Breakfast</u> Cereal Variety & Milk  <u>Lunch</u> Chicken Quesadillas, Refried Beans & Rice Fruit & Milk  V: Cheese Quesadillas	<b>7</b> <u>Breakfast</u> English Muffins, Cream Cheese & Milk  <u>Lunch</u> Chicken Alfredo Pasta, Snap Peas, Fruit & Milk  V: Fettuccine w/Alfredo Sauce	<b>8</b> <u>Breakfast</u> Egg Whites, Toast, Jelly & Apple Juice  <u>Lunch</u> BBQ Chicken Sandwich Chips, Corn, Fruit Cup & Milk  V: Veggie Burger	<b>9</b> <u>Breakfast</u> Biscuits, Sausage & Milk  <u>Lunch</u> Fish Sticks, Mac N Cheese, Broccoli & Milk  V: Mac N Cheese
<b>12</b> <u>Breakfast</u> French Toast & Milk  <u>Lunch</u> Chicken Casserole, Veggie Pineapple Tidbits & Milk  V: Veggie Nuggets	<b>13</b> <u>Breakfast</u> Cereal Variety & Milk  <u>Lunch</u> Taco w/Rice, Refried Beans, Salad, Fruit & Milk  V: Bean & Cheese Taco	<b>14</b> <b>Building Closed</b> Teacher In-Service  	<b>15</b> <u>Breakfast</u> Oatmeal & Water  <u>Lunch</u> Sweet & Sour Baked Chicken, Veggie Egg Roll White Rice, Vegetables, Fruit & Milk  V: Veggies w/White Rice	<b>16</b> <u>Breakfast</u> Scrambled Eggs, Turkey Bacon, Wheat Toast & Water  <u>Lunch</u> Hot Dogs, Chili, Cheese, French Fries, Veggie, Fruit & Milk  V: Veggie Chili
<b>19</b> <u>Breakfast</u> Waffle w/Hot Cinnamon Apples & Milk  <u>Lunch</u> Turkey Croissant Sandwich, Lettuce, Tomatoes, Pickles, Chips Fruit & Milk,  V: Cheese Sandwich	<b>20</b> <u>Breakfast</u> Cereal Variety & Milk  <u>Lunch</u> Chicken Taco, Black Beans, Cheese, Spanish Rice, Tossed Salad, Peaches & Milk  V: Cheese Quesadillas	<b>21</b> <u>Breakfast</u> English Muffin w/Cream Cheese & Milk  <u>Lunch</u> Ravioli, Strawberry Spinach Salad, Fruit Cup, Dinner Roll, & Milk  V: Vegetarian Lasagna	<b>22</b> <u>Breakfast</u> Egg Whites, Toast, Jelly & Apple Juice  <u>Lunch</u> Baked Chicken, Fiesta Corn, Wheat Roll or Bread, Apple Slices & Milk  V: Veggie Nuggets	<b>23</b> <u>Breakfast</u> Biscuits, Sausage & Milk  <u>Lunch</u> Cheese Pizza, Garden Salad, Fruit & Milk  V: Cheese Pizza
<b>26</b> <u>Breakfast</u> Pancakes & Milk  <u>Lunch</u> Mini Corndogs, Fritos, Baked Beans, Fruit & Milk  V: Veggie Nuggets	<b>27</b> <u>Breakfast</u> Cereal Variety & Milk  <u>Lunch</u> Tostado w/Meat, Rice, Refried Beans, Salad, Fruit & Milk  V: Veggie Taco	<b>28</b> <u>Breakfast</u> Croissant w/Cream Cheese & Milk  <u>Lunch</u> Spaghetti w/Meat Sauce, Vegetables, Fruit & Milk  V: Spaghetti with Marinara	<b>29</b> <u>Breakfast</u> Oatmeal & Water  <u>Lunch</u> Chicken Nuggets, Mashed Potatoes, Corn, Fruit & Milk  V: Veggie Nuggets	<b>30</b> <u>Breakfast</u> Scrambled Eggs, Turkey Bacon, Wheat Toast & Water  <u>Lunch</u> Baked Mac & Cheese, Peas, Fruit, Roll, & Milk  V: Baked Mac and Cheese

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

