



Silverline Montessori Breakfast & Lunch Menu August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>WEEK 1</u> August 5 th -9 th	<p><u>Breakfast</u> Cheerios Banana Slices Milk</p> <p><u>Morning Snack</u> Blueberry Nutri-grain Bar Water</p> <p><u>Lunch</u> Chicken Nuggets Macaroni and Cheese Fresh Cut Strawberries Milk</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> Spaghetti with Marinara Sauce Caesar Salad Mixed fruit Milk</p> <p><u>Afternoon Snack</u> Chips and Salsa 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 Whole wheat Saltine Crackers Water</p> <p><u>Lunch</u> Red Beans and Rice with Turkey Sausage Carrots Mandarin Oranges Milk</p> <p><u>Vegetarian Option</u> Red Beans and Rice with no sausage</p> <p><u>Afternoon Snack</u> Goldfish Crackers Water</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> Meat Lasagna Corn Sliced peaches Milk</p> <p><u>Vegetarian Option</u> Vegetable Lasagna</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> Cheese Pizza Mixed vegetables Pineapples Milk</p> <p><u>Afternoon Snack</u> Hummus with Pita bread Water</p>
<u>Week 2</u> August 12 th -16 th	<p><u>Breakfast</u> Corn Flakes Fresh Strawberries Milk</p> <p><u>Morning Snack</u> Banana slices Water</p> <p><u>Lunch</u> Chicken Tenders Green beans Banana slices 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 Pretzel sticks Water</p> <p><u>Lunch</u> Bean and cheese tacos Lettuce and tomato Mangoes Milk</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 and broccoli alfredo Spinach tomato salad Oranges Milk</p> <p><u>Vegetarian Option</u> Broccoli Alfredo</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> Meatloaf with tomato sauce Mashed potatoes Fruit salad Milk</p> <p><u>Vegetarian Option</u> Veggie burger with tomato sauce</p> <p><u>Afternoon Snack</u> Chips and mild salad Water</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> Sweet and Sour Chicken Brown Rice Green peas Apple Slices Milk</p> <p><u>Vegetarian Option</u> Tofu with sweet and sour sauce</p> <p><u>Afternoon Snack</u> Saltine crackers Turkey and cheese slices Water</p>



Silverline Montessori

Breakfast & Lunch Menu

August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 August 19th- 23rd	<p><u>Breakfast</u> Cheerios Banana Slices Milk</p> <p><u>Morning Snack</u> Blueberry Nutrigrain Bar Water</p> <p><u>Lunch</u> Chicken Nuggets Macaroni and Cheese Fresh Cut Strawberries Milk</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> Spaghetti with Marinara Sauce Caesar Salad Mixed fruit Milk</p> <p><u>Afternoon Snack</u> Chips and Salsa 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 Whole wheat Saltine Crackers Water</p> <p><u>Lunch</u> Red Beans and Rice with Turkey Sausage Carrots Mandarin Oranges Milk</p> <p><u>Vegetarian Option</u> Red Beans and Rice with no sausage</p> <p><u>Afternoon Snack</u> Goldfish Crackers Water</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> Meat Lasagna Corn Sliced peaches Milk</p> <p><u>Vegetarian Option</u> Vegetable Lasagna</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> Cheese Pizza Mixed vegetables Pineapples Milk</p> <p><u>Afternoon Snack</u> Hummus with Pita bread Water</p>
WEEK 4 August 26th- 30th	<p><u>Breakfast</u> Corn Flakes Fresh Strawberries Milk</p> <p><u>Morning Snack</u> Banana slices Water</p> <p><u>Lunch</u> Chicken Tenders Green beans Banana slices 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 Pretzel sticks Water</p> <p><u>Lunch</u> Bean and cheese tacos Lettuce and tomato Mangoes Milk</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 and broccoli alfredo Spinach tomato salad Oranges Milk</p> <p><u>Vegetarian Option</u> Broccoli Alfredo</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> Meatloaf with tomato sauce Mashed potatoes Fruit salad Milk</p> <p><u>Vegetarian Option</u> Veggie burger with tomato sauce</p> <p><u>Afternoon Snack</u> Chips and mild salad Water</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> Sweet and Sour Chicken Brown Rice Green peas Apple Slices Milk</p> <p><u>Vegetarian Option</u> Tofu with sweet and sour sauce</p> <p><u>Afternoon Snack</u> Saltine crackers Turkey and cheese slices Water</p>