



Silverlake Academy

October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast:</u>	<u>Breakfast:</u>	<u>Breakfast:</u>	<u>Breakfast:</u>	<u>Breakfast:</u>
Mini Muffins or Nutrigrain Bar Milk	Mini Muffins or Nutrigrain Bar Milk	Mini Muffins or Nutrigrain Bar Milk	Mini Muffins or Nutrigrain Bar Milk	Mini Muffins or Nutrigrain Bar Milk
<u>Lunch:</u>	<u>Lunch:</u>	<u>Lunch:</u>	<u>Lunch:</u>	<u>Lunch:</u>
Chicken Tenders Fruit Cup Green Beans Milk	Penne Pasta with Red Sauce (on the side) Salad w/ Carrots Apple Sauce Milk	Pancakes & Sausages Banana Sweet Potato Tots Milk	Hamburger Slider Mandarin Oranges Mixed Veggies Milk	Pizza Carrots & Dip Apple Slices Milk
<u>P.M. Snack:</u>	<u>P.M. Snack:</u>	<u>P.M. Snack:</u>	<u>P.M. Snack:</u>	<u>P.M. Snack:</u>
Pretzels Juice & Water	Graham Crackers Juice & Water	Gold Fish Juice & Water	Veggie Straws Juice & Water	Popcorn Juice & Water

***Even though you have filled out food allergies and dietary requirements on your application, please direct any dietary concerns, restrictions, or food allergies to the staff or call (859) 426-7777