

Silverlake Christian Academy Menu

All meals and snacks served with whole milk, apple juice, or water ☺



Sep 1-4	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		Waffles w/ Fruit	Cereal w/ Fruit	Oat Bread w/ Jelly	French Toast w/ Fruit
MORNING SNACK		Graham Crackers	Wheat Thins	Fruit Loops w/ Raisins	Animal Crackers
LUNCH		Lasagna Hawaiian Roll Peas Fruit V- Meatless Lasagna	Chicken Taquitos Beans & Rice Fruit V- Cheese Taquitos	Tomato Sauce Meatballs Mash Potatoes Green Beans Fruit V- Vegan Meatballs	Cheese Pizza Celery Fruit V- Same
AFTERNOON SNACK		Cheeseballs	Saltine Crackers w/ Jelly	Smartfood Popcorn	Chex Mix
LATE P.M SNACK		Pretzels	Cheez It	Veggie Straws	Wheat Thins
Sep 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		Cereal w/ Fruit	Blueberry Muffins w/ Fruit	Pop Tarts w/ Fruit	
MORNING SNACK		Goldfish	Ritz Original	Cheerios w/ Raisins	
LUNCH	LABOR DAY	Beef Soft Tacos Mexican Style Veggies Fruit V- Cheese Quesadillas	Chicken Nuggets Tater Tots Mixed Veggies Fruit V- Cauliflower Nuggets	Cheese Pizza Dry Broccoli Fruit V- Same	PICNIC DAY- PACK A SACK LUNCH- NO PEANUT PRODUCTS PLEASE! ☺
AFTERNOON SNACK		Ritz Cheese Crackers	Cinnamon Raisin Bread	Mini Jelly Sandwiches	
LATE P.M SNACK		Rice Cakes	Pretzels	Fruit Loops w/ Raisins	
Sep 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Pancakes w/ Fruit	Cereal w/ Fruit	Oatmeal w/ Fruit	Yogurt w/ Fruit	Cereal w/ Fruit
MORNING SNACK	Veggie Straws	Wheat Thins	Apples & Grapes	Fruit Loops w/ Raisins	Animal Crackers
LUNCH	Chicken Parmesan WG Bread Broccoli Fruit V- Tomato Egg Plant	Mac & Cheese w/ Ham Pieces Mixed Veggies Fruit V- Mac & Cheese	Burger Sliders Tater Tots Peas Fruit V- Mini Veggie Burgers	Grilled Chicken Breast Slices Rice Corn Fruit V- Beans & Rice	Pepperoni Pizza Cucumber Slices Fruit V- Cheese Pizza
AFTERNOON SNACK	Cheeseballs	Cheerios w/ Raisins	Goldfish	Mini Jelly Sandwiches	Smartfood Popcorn
LATE P.M SNACK	Pretzels	Cheez It	Chex Mix	Ritz Original	Cheeseballs
Sep 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Oat Bread w/ Jelly & Fruit	Pop Tarts w/ Fruit	Cereal w/ Fruit	French Toast w/ Fruit	Yogurt w/ Fruit
MORNING SNACK	Pretzels	Animal Crackers	Graham Crackers	Veggie Straws	Ritz Original
LUNCH	Fish Stick Fries Mixed Veggies Fruit V- Veggie Sticks	Chicken Noodle Soup Green Beans Fruit V- Veggie Soup	Hot Dogs Baked Beans Carrots Fruit V- Beans & Rice	Chicken Sandwich Baked Chips Corn Fruit V- Tofu Pita Wrap	Cheese Pizza Celery Fruit V- Same
AFTERNOON SNACK	Goldfish	Ritz Cheese Crackers	Saltine Crackers w/ Jelly	Cheeseballs	Smartfood Popcorn
LATE P.M SNACK	Veggie Straws	Chex Mix	Pretzels	Cheez It	Animal Crackers
Sep 28-30	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Pancakes w/ Fruit	Cereal w/ Fruit	Blueberry Muffins w/ Fruit		
MORNING SNACK	Apples & Grapes	Chex Mix	Animal Crackers		
LUNCH	Ravioli Crackers Peas Fruit V- Meatless Ravioli	Turkey Sandwich Baked Chips Celery Fruit V- Spinach Wrap	Con Dogs Broccoli Fruit V- Lettuce Wrap		
AFTERNOON SNACK	Mini Jelly Sandwiches	Ritz Original	Fruit Loops w/ Raisins		
LATE P.M SNACK	Goldfish	Veggie Straws	Pretzels		