



THE  
DISCOVERY  
MONTESSORI



# Fall- 2018 Lunch & Snack Menu

	Mon	Tue	Wed	Thurs	Fri
<b>Before School Snack</b>	Bread / Jam / Cereal with Milk/ Oatmeal/Fruits				
<b>Morning Snack</b>	Seasonal Fresh Fruits & Vegetables / Crackers / Pretzels / Cheese / Banana Muffins baked in the school every Wednesday				
<b>First Week Lunch</b>	Chicken & Vegetable Quesadillas Garden Salad Seasonal Fresh Fruit Milk/Water	Fish wraps with Cucumber sticks Seasonal Fresh Fruit Milk/Water	Grilled Chicken with Macaroni salad & Vegetables Seasonal Fresh Fruit Milk/Water	Chicken Broccoli Fresh Greens Seasonal Fresh Fruit Milk/Water	Chicken Salad on Pita with veggies Seasonal Fresh Fruit Milk/Water
<b>Second Week Lunch</b>	Fish wraps with Potato Wedges Seasonal Fresh Fruit Milk/Water	Hard boiled Eggs with bread /Avocadoes Seasonal Fresh Fruit Milk/Water	Chicken Pizza Carrots & Celery Seasonal Fresh Fruit Milk/Water	Grilled Cheese Sandwich Chickpeas Salad Seasonal Fresh Fruit Milk/Water	Quinoa Pasta in meat Sauce green beans Seasonal Fresh Fruit Milk/Water
<b>Third Week Lunch</b>	Chicken Sandwich Cucumber Sticks Seasonal Fresh Fruit Milk/Water	Pasta in meat Sauce Corn & Peas Salad Seasonal Fresh Fruit Milk/Water	Chicken & Cheese Quesadillas Celery sticks/bell peppers Seasonal Fresh Fruit Milk/Water	Fish wraps with Carrots & Cucumbers Seasonal Fresh Fruit Milk/Water	Grilled Cheese Sandwich Chickpeas Salad Seasonal Fresh Fruit Milk/Water
<b>Fourth Week Lunch</b>	Pita Roll with Chicken Green beans Seasonal Fresh Fruit Milk/Water	Chicken/Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk/Water	Quinoa Pasta in meat Sauce Corn beans Salad Seasonal Fresh Fruit Milk/Water	Vegetable Lentil Soup/Rice Seasonal Fresh Fruit Milk/Water	Fish wraps with Sweet Potato Wedges Seasonal Fresh Fruit Milk/Water
<b>Afternoon Snack</b>	Chewy bars /Hummus /Pita/ Fresh Vegetables/ Seasonal Fresh Fruits / Milk				
<b>After School Snack</b>	Seasonal Fresh Fruits, Vegetables, Milk/Water				



Fresh Vegetables:  
Fresh Fruits:

Carrots, Cucumber, Celery, Broccoli, Bell Peppers, Corn, Potatoes, Green Beans, Sweet peas  
Apples, Pears, Bananas, Grapes, Cantaloupe, Oranges