



THE DISCOVERY
MONTESSORI

Fall - 2026 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
Before School Snack	Bread / Jam / Cereal with Milk/ Oatmeal/Fruits				
Morning Snack	Oatmeal Cookies, Arrow root crackers & Cheese, Cereals, Fresh Fruits/ Milk Every Thursday: Banana Bread prepared at school				
First Week Lunch	Spaghetti in chicken meat sauce Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken/ Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Zucchini Pasta Black beans Salad Seasonal Fresh Fruit Milk / Water	Lentil Soup & Rice Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Cucumber and Cheese Sandwich Chickpeas Salad Seasonal Fresh Fruit Milk / Water
Second Week Lunch	Mushrooms Pasta Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Cod/Haddock Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Egg with Salad Mix Seasonal Fresh Fruit Milk / Water	Pasta W Black beans Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Avocado Wrap Seasonal Fresh Fruit Milk / Water
Third Week Lunch	Squash & Lentil Soup/ with Couscous Avocadoes Seasonal Fresh Fruit Milk / Water	Spaghetti & Meat Sauce Broccoli/Carrots Seasonal Fresh Fruit Milk / Water	Chicken Fried Rice w/Yogurt Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Mushrooms Pasta Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Cucumber Sandwich Chickpeas Salad Seasonal Fresh Fruit Milk / Water
Fourth Week Lunch	Chicken noodle Soup Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Carbonara Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chickpeas Curry/Rice Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Pasta with Broccoli/Chickpeas Salad Seasonal Fresh Fruit Milk / Water	Fish Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water
Afternoon Snack	Pita & Hummus/Guacamole, Chewy/Fruit bars, Digestive cookies, Fresh Fruits & Vegetables, Corn Chips, Trail Mix, Crackers / Milk				
After School Snack	Seasonal Fresh Fruits, Vegetables, Milk/Water				

Fresh Vegetables: Carrots, Cucumber, Tomatoes, Celery, Mixed Green Salad, Bell peppers, , Avocado, Broccoli.

Fresh Fruits: Apples, Pears, Bananas, Grapes, Oranges, Blue berries, Strawberries and other fresh seasonal fruits.

Bread: Pita bread, Whole Wheat (WW) loaf of bread, WW English Muffins, WW Tortillas.

Vegetarian Option Edamame beans, Mushrooms, Cottage Cheese, Paneer, Lentils and beans