



THE DISCOVERY
MONTESSORI

Fall - 2025 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, Pretzels, Fresh Fruits/ Milk				
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 Sandwich/ Bean Salad Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Lentil Soup & Pita Black beans Salad 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 Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Sandwich Baked potatoes Wedges Seasonal Fresh Fruit Milk / Water	Pasta W Black beans Fresh Vegetables Seasonal Fresh Fruit Milk / Water
Third Week Lunch	Lentil Soup/ Pita Avocadoes Seasonal Fresh Fruit Milk / Water	Spaghetti & Meat Sauce Broccoli/Carrots Seasonal Fresh Fruit Milk / Water	Bean and Cheese Quesadillas 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/Pita Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Egg Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Fish Wrap Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Grilled Cheese Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Pasta with Broccoli/Chickpeas Salad Seasonal Fresh Fruit Milk / Water
Afternoon Snack	Pita & Hummus/Guacamole, Chewy bars, Digestive cookies, Fresh Fruits & Vegetables, Corn Chips, Fish Crackers / Milk				
After School Snack	Seasonal Fresh Fruits, Vegetables, Milk/Water				

Fresh Vegetables: Carrots, Cucumber, Tomatoes, Potatoes, Sweet potatoes, Corn, Sweet peas, Mixed Green Salad, Bell peppers, Zucchini, Avocado, Broccoli, Herbs (Cilantro /Parsley)

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