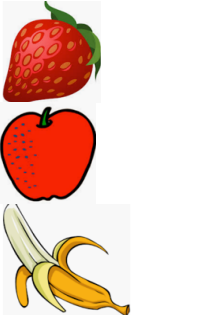


THE DISCOVERY  
MONTESSORI

# Fall - 2024 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
<b>Before School Snack</b>	Bread / Jam / Cereal with Milk/ Oatmeal/Fruits				
<b>Morning Snack</b>	Oatmeal Cookies, Arrow root crackers & Cheese, Cereals, Pretzels, Fresh Fruits/ Milk				
<b>First Week Lunch</b>	Spaghetti in chicken meat sauce Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken/ Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Tuna Sandwich/Zucchini rounds Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Grilled Cheese Sandwich Black beans Salad Seasonal Fresh Fruit Milk / Water	Cucumber and Cheese Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water
<b>Second Week Lunch</b>	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
<b>Third Week Lunch</b>	Lentil Soup/ Pita Avocados Seasonal Fresh Fruit Milk / Water	Avocado Hummus Wrap 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	Red kidney beans/Rice with peas Fresh vegetables Seasonal Fresh Fruit Milk / Water
<b>Fourth Week Lunch</b>	Chicken noodle Soup/Pita Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Vegetable & Pasta Soup Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Grilled Cheese Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Salmon Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Pasta with Mixed vegetables Seasonal Fresh Fruit Milk / Water
<b>Afternoon Snack</b>	Pita & Hummus/Guacamole, Chewy bars, Digestive cookies, Fresh Fruits & Vegetables, Corn Chips, Fish Crackers / Milk				
<b>After School Snack</b>	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