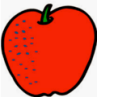




THE DISCOVERY
MONTESSORI

Fall - 2020 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
Morning Snack	Oatmeal Cookies, Arrow root crackers & Cheese, Cereals & Milk Pretzels, Fresh Fruits/ Milk				
First Week Lunch	Spaghetti in meat Sauce Fresh Garden Salad Seasonal Fresh Fruit Milk / Water	Chicken/ Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Tuna Sandwich/Green Beans Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Salad Wrap Vegetables Mix Seasonal Fresh Fruit Milk / Water	Fish Wraps Bell Peppers Medley Seasonal Fresh Fruit Milk / Water
Second Week Lunch	Pasta Salad Tomatoes, Mushrooms Seasonal Fresh Fruit Milk / Water	Grilled Cheese Roasted Broccoli Seasonal Fresh Fruit Milk / Water	Fish or chicken Sandwich Quesadillas w/Zucchini Seasonal Fresh Fruit Milk / Water	Egg Sandwich Vegetables Mix Seasonal Fresh Fruit Milk / Water	Mac & Cheese/Sweet Potato Fries Seasonal Fresh Fruit Milk / Water
Third Week Lunch	Scrambled Eggs on a Muffin with mashed peas Seasonal Fresh Fruit Milk / Water	Stir fry vegetables with Chicken/ Pita Wedges Seasonal Fresh Fruit Milk / Water	Chicken Sandwich Roasted Potatoes Seasonal Fresh Fruit Milk / Water	Lentil Soup with whole wheat pita Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Bean and Cheese Quesadillas Seasonal Fresh Fruit Milk / Water
Fourth Week Lunch	Chicken/ Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Grilled Cheese Roasted Broccoli Seasonal Fresh Fruit Milk / Water	Fish Wraps Bell Peppers Medley Seasonal Fresh Fruit Milk / Water	Chicken Chilli with bread Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Corn Fritters with egg Sandwich Seasonal Fresh Fruit Milk / Water
Afternoon Snack	Pita & Hummus/Guacamole, Chewy bars, Digestive cookies, Fresh Fruits & Vegetables / Milk				

Fresh Vegetables: Carrots, Cucumber, Tomatoes, Potatoes, Corn, Sweet peas, Mixed Green Salad –Spinach- Avocado

Fresh Fruits: Apples, Pears, Bananas, Grapes, Oranges

Bread: Croissants, Dinner rolls, pita bread, loaf of bread (Whole Wheat)