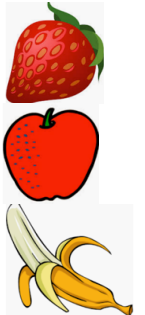


THE DISCOVERY  
MONTESSORI

# Fall - 2022 Lunch & Snack Menu



|                            | Mon  | Tue  | Wed  | Thurs  | Fri  |
|----------------------------|--|--|--|--|--|
| <b>Before School Snack</b> | Bread / Jam / Cereal with Milk/ Oatmeal/Fruits   |  |  |  |  |
| <b>Morning Snack</b>       | <b>Oatmeal Cookies, Arrow root crackers &amp; Cheese, Cereals, Pretzels, Fresh Fruits/ Milk</b>                                    |  |  |  |  |
| <b>First Week Lunch</b>    | Spaghetti in meat Sauce<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water  | Chicken/ Cheese Pizza<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water              | Tuna Sandwich/Zucchini rounds<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water  | Grilled Cheese Sandwich<br>Black beans Salad<br>Seasonal Fresh Fruit<br>Milk / Water | Rice/Lentils<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water                       |
| <b>Second Week Lunch</b>   | Mushrooms Pasta<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water  | Fish Sandwich<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water                      | Egg Sandwich<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water                   | Chicken Sandwich<br>Baked potatoes<br>Wedges<br>Seasonal Fresh Fruit<br>Milk / Water | Pasta W Black beans<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water                |
| <b>Third Week Lunch</b>    | Lentil Soup/ Pita<br>Avocadoes<br>Seasonal Fresh Fruit<br>Milk / Water   | Fish & Rice<br>Steamed<br>Broccoli/Carrots<br>Seasonal Fresh Fruit<br>Milk / Water             | Bean and Cheese<br>Quesadillas<br>Fresh vegetables<br>Seasonal Fresh Fruit<br>Milk / Water | Mushrooms Pasta<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water          | Red kidney beans/Rice<br>with peas<br>Fresh vegetables<br>Seasonal Fresh Fruit<br>Milk / Water |
| <b>Fourth Week Lunch</b>   | Chicken noodle<br>Soup/Pita<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water  | Cottage Cheese W<br>Herbs Sandwich<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water | Fish Sandwich<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water                  | Boiled Eggs/Bread<br>Fresh Vegetables<br>Seasonal Fresh Fruit<br>Milk / Water        | Pasta with Mixed<br>vegetables<br>Seasonal Fresh Fruit<br>Milk / Water                         |
| <b>Afternoon Snack</b>     | <b>Pita &amp; Hummus/Guacamole, Chewy bars, Digestive cookies, Fresh Fruits &amp; Vegetables, Corn Chips, Fish Crackers / Milk</b> |  |  |  |  |
| <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