



THE DISCOVERY
MONTESSORI

Winter - 2022 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
Morning Snack	Cereal with Milk/Oatmeal/Arrowroot cracker/Cheese/Pretzel/ Fresh Fruits/Fresh vegetables/ Milk				
First Week Lunch	Avocado Chicken wraps Seasonal Fresh Fruit/Veg Milk / Water	Vegan Asian/Rice Salad Seasonal Fresh Fruit/Veg Milk / Water	Chicken Noodle Soup Seasonal Fresh Fruit/Veg Milk / Water	Grilled Cheese Sandwich Seasonal Fresh Fruit/Veg Milk / Water	Cream Cheese & Salmon Sandwich Seasonal Fresh Fruit/Veg Milk / Water
Second Week Lunch	Vegetable Chicken Soup/Pita Chips Seasonal Fresh Fruit/Veg Milk / Water	Pizza Wraps Seasonal Fresh Fruit/Veg Milk / Water	Macaroni with Chicken Sauce Seasonal Fresh Fruit/Veg Milk / Water	Cucumber Cream cheese Sandwich/ Bean Salad Seasonal Fresh Fruit/Veg Milk / Water	Taco Soup W Red beans Seasonal Fresh Fruit/Veg Milk / Water
Third Week Lunch	Cheese Quesadillas/Bean Salad Seasonal Fresh Fruit/Veg Milk / Water	Cheese and Mushroom Mac Muffins Seasonal Fresh Fruit/Veg Milk / Water	Greek Mini Fritata Fresh vegetables Seasonal Fresh Fruit Milk / Water	Fish Croissant Sandwiches Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Broccoli Cheddar Soup Fresh vegetables Seasonal Fresh Fruit Milk / Water
Fourth Week Lunch	Rice & Red beans Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Tuna Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Mushroom Pasta Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Rice/Lentils Fresh Vegetables Seasonal Fresh Fruit Milk / Water
Afternoon Snack	Pita & Hummus/Guacamole, Chewy bars, Digestive cookies, Fresh Fruits & Vegetables, Corn Chips, Fish Crackers / Milk				

Fresh Vegetables: Carrots, Cucumber, Tomatoes, Potatoes, Corn, Sweet peas, Mixed Green Salad, Bell peppers, Zucchini, Spinach, Avocado

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

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

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