



THE
DISCOVERY
MONTESSORI

Spring - 2019 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
Before School Snack. 7:30 am – 8:30 am	Cereal with Milk / Whole Wheat Bread with Jam or Cheese / Milk				
Morning Snack. 9:00 am – 10:00 am	Apples / Bananas Pears / Crackers/ Rice crackers / Cheese / Muffins baked at school / Milk				
Lunch First Week 11:45 am to 12:30 pm	Avocado/ Chicken Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Lentil Soup with Rice Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Fish Wraps Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Spaghetti W Meat Sauce Carrots, Cucumber Salad Seasonal Fresh Fruit Milk / Water
Lunch Second Week 11:45 am to 12:30 pm	Grilled Cheese Sandwich Black Bean Salad Seasonal Fresh Fruit Milk / Water	Egg Salad Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chickpeas Pilaf Sweet Potato Fries Seasonal Fresh Fruit Milk / Water	Chicken/Pizza Pockets Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Fish Tacos Fresh Vegetables Seasonal Fresh Fruit Milk / Water
Lunch Third Week 11:45 am to 12:30 pm	Mince Chicken Curry with Potatoes/Naan Bread Seasonal Fresh Fruit Milk / Water	Tuna Mayo Sandwich with Bread Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chili Chicken Steamed Broccoli Seasonal Fresh Fruit Milk / Water	Minestrone Soup/Bread Steamed Vegetables Seasonal Fresh Fruit Milk / Water	Cheese/Chicken Quesadillas Fresh Vegetables Seasonal Fresh Fruit Milk / Water
Lunch Fourth Week 11:45 am to 12:30 pm	Spaghetti W Meat Sauce Carrots, Cucumber Salad Seasonal Fresh Fruit Milk / Water	Grilled Cheese Sandwich Chick pea Salad Seasonal Fresh Fruit Milk / Water	Chicken Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Egg Salad Sandwich Seasonal Fresh Fruit Milk / Water	Fish Wraps Fresh Vegetables Seasonal Fresh Fruit Milk / Water
Afternoon Snack 1:45 pm – 2:30 pm	Rice Crackers / Chewy Bars / Crackers / Cheese / Fruits / Milk				
After School Snack 4:30 pm to 5:00 pm	Seasonal Fresh Fruit / Rice Crackers/ Crackers/Chewy Bars / Milk / Water				

Fresh Vegetables: Carrots, Cucumber, Tomatoes, Potatoes, Corn, Sweet peas, Avocado, Broccoli, Green Beans, Bell Peppers
Fresh Fruits: Apples, Pears, Bananas, Grapes, Oranges
Bread: Croissants, Pita Bread, Tortillas, Loaf of Bread (Whole Wheat or Multigrain)