



THE
DISCOVERY
MONTESSORI

Spring – 2024 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
Morning Snack. 9:00 am – 10:00 am	Cereal with Milk/Arrowroot Crackers/ Oatmeal with Fruits/ Banana Muffins/ Cheese / Fresh Fruits/ Vegetables / Milk				
Lunch First Week 11:45 am to 12:30 pm	Baked Vegetable Frittata Mixed Green Salad Seasonal Fresh Fruit Milk / Water	Vegetable Chana Masala rice Seasonal Fresh Fruit Milk / Water	Grilled Cheese Sandwich Grape Tomatoes/ Seasonal Fresh Fruit Milk / Water	Lentils with Rice Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Fish Quesadillas Carrots & Cucumbers Seasonal Fresh Fruit Milk / Water
Lunch Second Week 11:45 am to 12:30 pm	Chicken Cheese Pizza Bell Peppers Seasonal Fresh Fruit Milk / Water	Mushroom Pasta Steamed Broccoli Florets Seasonal Fresh Fruit Milk / Water	Chicken Biryani with Yogurt Raita Seasonal Fresh Fruit Milk / Water	Egg Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Black Bean Quesadillas Avocados Seasonal Fresh Fruit Milk / Water
Lunch Third Week 11:45 am to 12:30 pm	Lentil Soup & Pita Bites Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Red Kidney beans with rice Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Cream Cheese & cucumber Sandwich Bean Salad Seasonal Fresh Fruit Milk / Water	Spaghetti with Meat Sauce /Edamame Beans Seasonal Fresh Fruit Milk / Water	Chicken Noodle Soup Fresh Vegetables Seasonal Fresh Fruit Milk / Water
Lunch Fourth Week 11:45 am to 12:30 pm	Fish Sandwich Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Quinoa Pasta with meat sauce Seasonal Fresh Fruit Milk / Water	Squash & Lentil Soup W/Bread Fresh Vegetables Seasonal Fresh Fruit Milk / Water	Chicken & Tomato Wrap Seasonal Fresh Fruit Milk / Water	Chickpeas/Rice with Yogurt Raita Seasonal Fresh Fruit Milk / Water
Afternoon Snack 1:45 pm – 2:30 pm	Pita Hummus/Guacamole & Corn Chips/Cookies/ Fish Crackers /Chewy Bars / Rice Crispy Rolls/ Fruits /Vegetables/ Milk				

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, and other fresh seasonal fruits.

Bread: Pita bread, Whole Wheat (WW) loaf of bread, English Muffins, WW Tortillas.

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