



THE
DISCOVERY
MONTESSORI



Fall- 2019 Lunch & Snack Menu

	Mon	Tue	Wed	Thurs	Fri
Before School Snack	Bread / Jam / Cereal with Milk/ Oatmeal/Fruits				
Morning Snack	Seasonal Fresh Fruits & Vegetables / Crackers / Pretzels / Cheese / Banana Muffins baked in the school				
First Week Lunch	Chicken & Vegetable Quesadillas Garden Salad Seasonal Fresh Fruit Milk/Water	Tuna Melt with Cucumber sticks Seasonal Fresh Fruit Milk/Water	Mushroom Macaroni pasta & Vegetables /Tortilla Chips Seasonal Fresh Fruit Milk/Water	Chicken Avocado Burrito Fresh Greens Seasonal Fresh Fruit Milk/Water	Chicken Salad on Pita with potatoes Seasonal Fresh Fruit Milk/Water
Second Week Lunch	Fish wraps with Potato Wedges Seasonal Fresh Fruit Milk/Water	Egg Salad with bread /Avocadoes Seasonal Fresh Fruit Milk/Water	Chicken Pizza Carrots & Celery Seasonal Fresh Fruit Milk/Water	Grilled Cheese/Chicken Sandwich Salad Seasonal Fresh Fruit Milk/Water	Quinoa Pasta in meat Sauce green beans Seasonal Fresh Fruit Milk/Water
Third Week Lunch	Chicken Sandwich Cucumber Sticks Seasonal Fresh Fruit Milk/Water	Pasta in meat Sauce Corn & Peas Salad Seasonal Fresh Fruit Milk/Water	Chicken & Cheese Quesadillas Celery sticks/bell peppers Seasonal Fresh Fruit Milk/Water	Fish wraps with Carrots & Cucumbers Seasonal Fresh Fruit Milk/Water	Grilled Chicken Cheese Sandwich Salad Seasonal Fresh Fruit Milk/Water
Fourth Week Lunch	Black beans Cheese Quesadillas Steamed brocolli Seasonal Fresh Fruit Milk/Water	Chicken/Cheese Pizza Fresh Vegetables Seasonal Fresh Fruit Milk/Water	Quinoa Pasta in meat Sauce Corn beans Salad Seasonal Fresh Fruit Milk/Water	Vegetable Lentil Soup/Rice Seasonal Fresh Fruit Milk/Water	Fish wraps with Sweet Potato Wedges Seasonal Fresh Fruit Milk/Water
Afternoon Snack	Chewy bars /Crackers/Cheese/ Fresh Vegetables/ Seasonal Fresh Fruits / Milk				
After School Snack	Seasonal Fresh Fruits, Vegetables, Milk/Water				



Fresh Vegetables: Carrots, Cucumber, Celery, Broccoli, Bell Peppers, Corn, Potatoes, Green Beans, Sweet peas
Fresh Fruits: Apples, Pears, Bananas, Grapes, Cantaloupe, Oranges

Note: Children with vegetarian dietary requirements will have vegetables/beans as a substitute to meat.