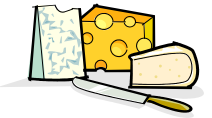


THE
DISCOVERY
MONTESSORI

Summer 2020 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
Morning Snack 9:30 -10:00 am	Pretzels/Cheese/Crackers/ Fresh Fruits and Milk/Water				
Lunch 12:00 – 12:30 pm	Pasta with Meat Sauce Cucumber/Carrot Salad Fresh Fruits Milk/Water	Zucchini/Orzo with Grilled chicken Fresh Fruits Milk/Water	Cheese Pizza Fresh Fruits Seasonal Veggies Milk/Water	Mixed vegetable bowl with minced meat Fresh Fruits Milk/Water	Chicken sandwich with roasted potatoes/carrots Fresh Fruits Milk/Water
Afternoon Snack 1:45 pm	Crackers/Chewy Bars/ Cheese / Fruits / Milk /Popsicles made with fresh fruit				

Fresh Vegetables: Carrots, Cucumber, Celery, Broccoli, Bell Peppers, Tomatoes, Corn, Sweet peas, Green beans, Avocado.

Fresh Fruits: Apples, Grapes, Pears, Bananas, Water Melon, Peaches.

Bread: Pita bread, Tortillas, Loaf of Bread, (whole wheat or multi grain), English Muffins

