



THE
DISCOVERY
MONTESSORI

Summer 2021 Lunch & Snack Menu



	Mon	Tue	Wed	Thurs	Fri
Morning Snack 9:30 -10:00 am	Apples / Bananas Pears / Crackers/ Rice crackers / Cheese / Pretzels/ Rice Cereals/ Muffins baked at school / Milk				
Lunch 12:00 – 12:30 pm	Chicken & Grilled Cheese Sandwich Fresh vegetables Fresh Fruits Milk/Water	Fish Cheese Quesadillas Fresh vegetables Fresh Fruits Milk/Water	Mushroom Pasta/OR Rice & Lentils Fresh vegetables Fresh Fruits Milk/Water	Egg Sandwich Fresh vegetables Fresh Fruits Milk/Water	Cheese & Chicken Pizza Fresh vegetables Fresh Fruits Milk/Water
Afternoon Snack 1:45 pm	Rice Crackers / Chewy Bars / Crackers / Cheese / Fruits / Milk / Popsicles made with organic fruit juice				

Fresh Vegetables: Carrots, Cucumber, Celery, Broccoli, Bell Peppers, Tomatoes, Corn, Sweet peas

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

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

☒ Children will also enjoy Fruit Popsicles prepared at school from organic fruit juices.

