



THE
DISCOVERY
MONTESSORI

Summer 2024 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	Cucumber Cream Cheese 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, 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, Water melon 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

Children will also enjoy Fruit Popsicles prepared at school from organic fruit juices and store bought Ice cream.

