



THE DISCOVERY
MONTESSORI

Summer 2019 Snack & Lunch Menu



	Mon	Tue	Wed	Thurs	Fri
Morning Snacks	Cheese/Crackers/Pretzels/Fresh Fruits/Milk				
Lunch	Grilled Cheese Sandwich Fresh Vegetables Seasonal Fruit Milk	Chicken & Cheese Quesadillas Fresh Vegetables Seasonal Fruit Milk	Pasta & Meat Sauce Fresh Vegetables Seasonal Fruit Milk	Cheese & Chicken Pizza Fresh Vegetables Seasonal Fruit Milk	Egg Sandwich Fresh Vegetables Seasonal Fruit Milk
Afternoon Snacks	Chewy bars/ Hummus/Pita/ Fresh Fruits/Milk				

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

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

Children will also enjoy Fruit Popsicles prepared at the school from organic fruit juice.

