

# New Discoveries Montessori Academy

## Breakfast Menu

### OCTOBER 2021

MENU SUBJECT TO CHANGE UPON AVAILABILITY Milk white skim or 1%				1 Grain Item/Protein item Fruit juice Fruit or Vegetable Milk
4 Grain Item/Protein Item Fruit Juice Fruit or vegetable Milk	5 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	6 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	7 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	8 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk
11 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	12 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	13 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	14 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	15 Grain item/protein item Fruit Juice Fruit or Vegetable Milk milk
18 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	19 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL
25 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	26 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	27 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	30 Grain Item/protein Item Fruit Juice Fruit or Vegetable Milk	29 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk

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## Lunch Menu

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Alternate menu for main meal is sub sandwich (E1 to E3) or chef salad(E3 only) comes with veggie, fruit, milk, grain item	Menu subject to chnage upon availibility wg=whole grain Milk 1% white or chocolate			1 Chef Choice of soup Grilled Cheese/wg Veggie/Dip Fruit Milk
4 Orange Chicken Brown Rice Oriental Veggie Fruit Milk	5 Pizza/wg Lettuce Veggie/Dip-humus Fruit Milk	6 Italian Dunkers/Meat Sauce Lettuce Peas Fruit Milk	7 Chicken pot pie/biscuit wg Coleslaw Veggie/Dip Fruit Milk	8 Bag lunch-sub sandwich/wg Veggie Fruit Milk
11 Tuna Pasta Casserole Veggie/Dip Carrots, Breadstick/wg Fruit Milk	12 Enchilada/wg Corn Lettuce Fresh Fruit Milk	13 Hamburger/wg bun Smiles Veggie/Dip Fruit Milk	14 Meat Gravy Mashed Potatoes Green beans, wg bread Fruit Milk	15 Chef Choice of Soup Grilled Cheese/wg Veggie/Dip Fruit Milk
18 Spaghetti/wg Meat Sauce Green Beans Fruit Milk	19 French Toast, Sausage Hashbrown Veggie/Dip Fruit Milk	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL
25 Mr Rib/wg Bun Sweet Potato Fries Cucumber/Dip Fruit Milk	26 Taco/soft shell wg Chips Refried Beans Fruit Milk	27 Chicken Nuggets/wg Mashed Potatoes Corn Fruit Milk	28 Hot Dog/wg Bun Mac & Cheese Veggie/Dip Fruit Milk	29 Pizza Quesadilla/wg Veggie/Dip Lettuce Fruit Milk

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