

New Discoveries Montessori Academy

Breakfast Menu

NOVEMBER 2021

| | | | | |
|--|--|--|--|---|
| 1 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk | 2 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk | 3 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk | 4 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk | 5 NO SCHOOL |
| 8 Grain Item/Protein Item Fruit Juice Fruit or vegetable Milk | 9 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 10 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 |
| 15 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 16 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 17 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 18 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 19 Grain item/protein item Fruit Juice Fruit or Vegetable Milk milk |
| 22 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 23 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 24 NO SCHOOL | 25 NO SCHOOL | 26 NO SCHOOL |
| 29 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | 30-Nov Grain Item/protein item Fruit Juice Fruit or Vegetable Milk | | | Menu subject to change upon availability Milk white 1% or skim |

In accordance with the federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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Lunch Menu

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| 1 | 2 | 3 | 4 | 5 |
|---|--|--|---|--|
| Teryiak Chicken Rice/wg Edamame Fruit Milk | Hamburger/wg bun Smiles Veggie/Dip Fruit Milk | Baked Penne/wg Lettuce Corn Fruit Milk | Sausage Pancake on a Stick/wg Hashbrown Veggie/Dip Fruit Milk | NO SCHOOL |
| 8 | 9 | 10 | 11 | 12 |
| Meat Gravy Mashed Potatoes Corn,Bread/wg Fruit Milk | Taco/soft shell wg Chips Refried Beans Fruit Milk | Pizza/wg Lettuce Veggie/Dip Fruit Milk | Tator Tot Hotdish Breadstick/wg Carrots Fruit Milk | BBQ Pork /wg bun Mac and Cheese Broccoli Salad Fruit Milk |
| 15 | 16 | 17 | 18 | 19 |
| Breakfast Burrito/wg Fiesta Salad Choice of Potatoes Fruit Milk | Cheesy Ravioly/marinara/wg Breadstick/wg Green Peas Fresh Fruit Milk | Hamburger/wg bun Baked Beans Veggie/Dip Fruit Milk | Turkey Dinner Mashed Potatoes Green beans, wg dinner roll Fruit Milk | Chef Choice of Soup Grilled Cheese/wg Veggie/Dip Fruit Milk |
| 22 | 23 | 24 | 25 | 26 |
| Spaghetti/wg Meat Sauce Green Beans Fruit Milk | Pizza /wg Lettuce Veggie/Dip Fruit Milk | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| 29 | 30-Nov | | Alternate menu for main meal is sub sandwich (E1-E3), or chef salad (E3 only), comes with fruit, veggie, grain item, milk | Menu subject to change upon availability wg=whole grain Milk 1% white or chocolate |
| Chicken Nuggets/wg Sweet Potato Fries Veggie/Dip Fruit Milk | Taco/soft shell wg Spanish Rice Refried Beans Fruit Milk | | | |

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