

# New Discoveries Montessori Academy

## Breakfast Menu

DECEMBER 2021

3 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
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	13 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	14 NO SCHOOL
17 NO SCHOOL	18 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	19 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	20 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	21 Grain item/protein item Fruit Juice Fruit or Vegetable Milk milk
24 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	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	28 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk
31 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

January 2022

3	4	5	6	7
Sub Sandwich/wg Oven Fries Veggie/Dip Fruit Milk	Chicken Taco/wg soft shell Spanish Rice Refried Beans Fruit Milk	Hamburger Rice Hotdish Lettuce, Breadstick/wg Carrots Fruit Milk	French toast/wg/Sausage Hashbrown Patty Veggie/Dip Fruit Milk	Chef Choice of Soup Grilled Cheese/wg Veggie/Dip Fruit Milk
10	11	12	13	14
Meat Gravy Mashed Potatoes Carrots, wg bread Fruit Milk	Hot Dog/wg bun Mac and cheese Lettuce, Peas Fruit Milk	Pizza/wg Broccoli Salad Veggie/Dip Fruit Milk	Teryiak Chicken Rice/wg Oriental Vegetable Fruit Milk	NO SCHOOL
17	18	19	20	21
NO SCHOOL	Taco/wg soft shell Chips, Refried beans Lettuce Fresh Fruit Milk	Chicken Nuggets Mashed Potatoes Corn, wg Bread Fruit Milk	Cheeseburger/wg bun Baked Beans Veggie/Dip Fruit Milk	Chef Choice of Soup Grilled Cheese/wg Veggie/Dip Fruit Milk
24	25	26	27	28
Spaghetti/wg/meat sauce Breadstick/wg Green beans Fruit Milk	Breakfast Bake Cinnamon Roll/wg Veggie/Dip Fruit Milk	Pizza/wg Lettuce Veggie/Dip Fruit Milk	Mr Rib/wg bun Sweet Potato Fries Coleslaw Fruit Milk	Lunch Bag-early out Sandwich Vegetable Fruit Milk
31				
Orange Chicken Rice/wg Broccoli, Carrots Fruit Milk			Menu subject to change upon availability wg=whole grain milk 1% white or chocolate	Alternate menu for main meal is sub sandwich (E1-E3) or che salad (E3 only), comes with fruit, veggie, milk, grain item

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