

# New Discoveries Montessori Academy

## Breakfast Menu

### SEPTEMBER 2022

Menu subject to change upon availability Milk white 1% or skim			1 Grain Item/protein item Fruit juice Fruit or Vegetable Milk	2  NO SCHOOL
5  NO SCHOOL	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	9 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	16 Grain item/protein item Fruit Juice Fruit or Vegetable Milk 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	22 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	23  NO SCHOOL
26 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	27-Sep Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	28-Sep Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	29 Grain Item/protein item Fruit Juice Fruit or Vegetable Milk	30 Grain Item/Protein Item Fruit Juice Fruit Or Vegetable Milk

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## Lunch Menu

### SEPTEMBER 2022

Alternate menu for main meal is sub sandwich (E1 to E3) or chef salad(E3 only)	Menu subject to change upon availability wg=whole grain Milk white 1% or chocolate skim		1 Orange Chicken Rice/wg Vegetable Fruit Milk	2 NO SCHOOL
5  NO SCHOOL	6 Pizza/wg Lettuce Veggie/Dip Fruit Milk	7 Breakfast Sandwich/wg Hashbrown Patty Carrots/Dip Fruit Milk	8 Mini Corn Dogs/wg Sweet Potato Fries Green beans Fruit Milk	9 Beef Goulash Edamame, Bread/wg Vegetable/Dip Fruit Milk
12 Fried Rice/wg Teriyaki Chicken Vegetable Fruit Milk	13 Taco/soft shell wg Chips Refried Beans Fresh Fruit Milk	14 Cheeseburger/wg bun Smiles Veggie/Dip Fruit Milk	15 Popcorn Chicken/wg Mashed Potatoes Corn, wg bread Fruit Milk	16 Sub Sandwich/wg Lettuce Salad Tomatoes/Dip Fruit Milk
19 Spaghetti/wg Meat Sauce Green Beans Fruit Milk	20 Chicken Patty/wg Bun Sweet potato Fries Baked beans Fruit Milk	21 French Toast/wg Tri Tator, Carrots/dip Sausages Fruit Milk	22 Pizza/wg Lettuce Veggie/Dip Fruit Milk	23  NO SCHOOL
26 Chicken wrap/wg Broccoli Salad Oven Fries Fruit Milk	27-Sep Taco/soft shell wg Chips Refried Beans Fruit Milk	28-Sep Meatballs/wg bread Mashed Potatoes Carrots Fruit Milk	29 Macaroni and Cheese Lettuce Salad Corn, wg bread Fruit Milk	30 Choice of Soup Grilled Cheese/wg Red Peppers/Dip Fruit Milk

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