

# New Discoveries Montessori Academy

## Breakfast Menu

### NOVEMBER 2022

	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 NO SCHOOL
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	10 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk	11 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	17 Grain Item/ Protein Item Fruit Juice Fruit or Vegetable Milk	18 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	24 NO SCHOOL	25 NO SCHOOL
28 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk	29-Nov 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

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## Lunch Menu NOVEMBER 2022

	1 Taco/soft shell wg Refried Beans, Lettuce Chips Fruit Milk	2 Meat Gravy, Bread/wg Mashed potatoes Carrots Fruit Milk	3 Beef Goulash,Bread/wg Peas Lettuce Fruit Milk	4  NO SCHOOL
7 Pizza/wg Broccoli Salad Vegetable/Dip Fruit Milk	8 Cheesy Ravioli/wg/marinara Green beans Lettuce Fruit Milk	9 Pancake sausage on a stick/wg Hashbrown Carrots/Dip Fruit Milk	10 Cheeseburger/wg bun Sweet Potato Fries Baked beans Fruit Milk	11 Orange Chicken Rice/wg Broccoli/Dip, Edamame Fruit Milk
14 Italien Dunkers/wg Meat Sauce Lettuce, Peas Fruit Milk	15 Taco/soft shell wg Chips Refried Beans, Lettuce Fresh Fruit Milk	16 Macaroni and Cheese Mini Corn Dogs/wg Coleslaw, Carrots Fruit Milk	17 Turkey Dinner, Stuffing Mashed Potatoes, corn Dinner roll/wg Fruit Milk	18 Chef Choice of Soup Grilled Cheese/wg Red Pepper/Dip Fruit Milk
21 Chicken Teryiaky/vegetable Rice/wg Edamame Fruit Milk	22 Beef Stew/biscuit/wg Corn Coleslaw Fruit Milk	23  NO SCHOOL	24  NO SCHOOL	25  NO SCHOOL
28 Spaghetti/Meat sauce/wg Green beans Lettuce Fruit Milk	29-Nov Chicken Nuggets/wg Mashed Potatoes Carrots, Bread/wg Fruit Milk	30-Nov Pizza/wg Lettuce Cucumbers/dip Fruit Milk	Menu subject to change upon availability Milk white 1% or skim Chocolate skim wg=whole grain	Alternate menu for main item Sub Snadwich (E1-E3) or chef salad (E3 only)

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