

New Discoveries Montessori Academy

Breakfast Menu

OCTOBER 2022

3	4	5	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 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 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
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 Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, or reprisal or retaliation for prior civil right activity .

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Lunch Menu

OCTOBER 2022

3 Pizza/wg Lettuce Veggie/Dip Fruit Milk	4 Chicken Noodle Alfredo Breadstick/wg Corn, lettuce Fruit Milk	5 Chicken Nuggets/wg Sweet Potato Fries Veggie/Dip Fruit Milk	6 Enchiladas/wg Lettuce Corn Fruit Milk	7 early out day Bag lunch-Sub Sandwich Vegetable/Dip Fruit Chps Milk
10 Tator Tot Hotdish Breadstick/wg Vegetable Fruit Milk	11 Cheesy Ravioli/wg/marinara Green beans Lettuce Fruit Milk	12 Breakfast Burrito/wg Hashbrown Patty Carrots/Dip Fruit Milk	13 Cheeseburger/wg bun Veggie/Dip Baked beans Fruit Milk	14 Orange Chicken Rice/wg Veggie/Dip, Edamame Fruit Milk
17 Italien Dunkers/wg Meat Sauce Lettuce, Peas Fruit Milk	18 Taco/soft shell wg Chips Refried Beans Fresh Fruit Milk	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
24 Spaghetti/wg Meat Sauce Green Beans, lettuce Fruit Milk	25 Chicken pot Pie Biscuit/wg Coleslaw Fruit Milk	26 Pancakes/wg Tri-Tator, Carrots/dip Sausages Fruit Milk	27 Pizza/wg Lettuce Veggie/Dip Fruit Milk	28 BBQ Pork/wg Bun Sweet Potatp Fries Baked beans Fruit Milk
31 Choice of Potato Hot Dog/wg bun/Chili Veggie/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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