

New Discoveries Montessori Academy

Breakfast Menu

JANUARY 2023

2 NO SCHOOL	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
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	13 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk
16 NO SCHOOL	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	20 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk
23 Grain Item/Protein Item Fruit Juice Fruit or Vegetable 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 NO SCHOOL
30 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk	31-Jan Grain Item/Protein Item Fruit Juice Fruit or Vegetab;e Milk			Milk skim or 1% white Menu subject to change upon availability

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

JANUARY 2023

2 NO SCHOOL	3 Mini Corn Dog/wg Smiles Carrots/Dip Fruit Milk	4 Spaghetti/meat sauce Breadstick/wg Corn, Lettuce Fruit Milk	5 Chicken Pot Pie/biscuit/wg Coleslaw Seasoned Black Beans Fruit Milk	6 Chef Coice of Soup Grilled Cheese/wg Veggie/Dip Fruit Milk
9 Pizza/wg Broccoli Salad Vegetable/Dip Fruit Milk	10 Taco /soft shell/Chips Lettuce Refried Beans Fruit Milk	11 Meat Gravy, Bread/wg Mashed Potatoes Corn Fruit Milk	12 BBQ Pork/bun Sweet Potato Fries Tomato/cucumber salad Fruit Milk	13 Orange Chicken Rice/wg Cauliflower, Edamame Fruit Milk
16 NO SCHOOL	17 Cheeseburger/wg bun Oven Fries Bakes Beans Fresh Fruit Milk	18 Pancake/Sausages Potato Triangle Veggie/Dip Fruit Milk	19 Chicken Nuggets Mashed Potatoes/Gravy Mixed vegetable Fruit Milk	20 Chef Choice of Soup Grilled Cheese/wg Red Pepper/Dip Fruit Milk
23 Chili Cinnamon Roll/wg Veggie/Dip Fruit Milk	24 Taco/soft shell/chips Lettuce Refried Beans Fruit Milk	25 Chicken Alfredo/noodles Breadstick lett Fruit Milk	26 Pizza Veggie/Dip Lettuce Fruit Milk	27 NO SCHOOL
30 Cook choice of Breakfast Veggie/dip Choice of Potatoes Fruit Milk	31-Jan Chicken teryiaky Bowl Rice Vegetable, Eggroll 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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