

New Discoveries Montessori Academy

Breakfast Menu

FEBRUARY 2023

		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
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	10 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	17 NO SCHOOL
20 NO SCHOOL	21 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk	22 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
27 Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk	28-Feb 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

FEBRUARY 2023

		1 Hot Dog/wg bun Smiles Coleslaw Fruit Milk	2 Bag lunch-sandwich Veggie Chips Fruit Milk	3 Chef Coice of Soup Grilled Cheese/wg Veggie/Dip Fruit Milk
6 Pizza/wg Broccoli Salad Vegetable/Dip Fruit Milk	7 Taco /soft shell/Chips Lettuce Refried Beans Fruit Milk	8 Spaghetti/Meat Sauce Lettuce, breadstick/wg Green beans Fruit Milk	9 BBQ Pork/bun Sweet Potato Fries Tomato/cucumber salad Fruit Milk	10 Orange Chicken Rice/wg Cauliflower, Edamame Fruit Milk
13 Cheeseburger/wg bun Oven Fries Baked Beans Fruit Milk	14 Parfait Sausage Gravy/biscuit/wg Veggie/Dip Choice of potatoes Milk	15 Macaroni and cheese Bread/wg, Green Beans Veggie/Dip Fruit Milk	16 Meat Gravy, Bread/wg Mashed Potatoes Corn Fruit Milk	17 NO SCHOOL
20 NO SCHOOL	21 Taco/soft shell/chips Lettuce Refried Beans Fruit Milk	22 Pizza/wg Veggie/Dip Lettuce Fruit Milk	23 Italien Dunkers/wg Meat Sauce Lettuce, Peas Fruit Milk	24 Chef Choice of Soup Crilled Cheese/wg Veggie/Dip Fruit Milk
27 Cook choice of Breakfast Veggie/dip Choice of Potatoes Fruit Milk	28-Feb Chicken pot Pie WG Biscuit Coleslaw 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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