

New Discoveries Montessori Academy

Breakfast Menu

MARCH 2023

Menu subject to change upon availability		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 NO SCHOOL	7 NO SCHOOL	8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL
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 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 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-Mar Grain Item/Protein Item Fruit Juice Fruit or Vegetable Milk	29-Mar Grain Item/Protein item Fruit Juice Fruit or Vegetable Milk	30 Grain item/Protein item Fruit Juice Fruit or Vegetable Milk	31 Grain item/Protein item Fruit Juice Fruit or Vegetable Milk

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Lunch Menu

MARCH 2023

Menu subject to change upon availability Milk skim, 1 % white, chocolate wg=whole grain	Alternate menu for main item Sub Sandwich(E1-E3) Chef Salad (E3 only)	1 Chef Choice of Breakfast Potato triangle Veggie/dip Fruit Milk	2 Orange Chicken Rice/wg, Bread/wg Edamame, Mixed Vegetable Fruit Milk	3 Grilled Cheese Chef choice of soup Veggie/Dip Fruit Milk
6 NO SCHOOL	7 NO SCHOOL	8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL
13 Cheeseburger/wg bun Oven Fries Veggie/Dip Fruit Milk	14 Enchilada/wg Black Bean Salad, Lettuce Chips Fruit Milk	15 Chicken Alfredo/pasta Breadstick/wg, lettuce Mixed vegetable Fruit Milk	16 Meat Gravy, Bread/wg Mashed Potatoes Corn Fruit Milk	17 Early out-lunch bag Sandwich/wg Vegetable, Chips Fruit Milk
20 Teriyaki Chicken Rice/wg Egg Roll, Vegetable Fruit Milk	21 BBQ pulled Pork Sweet Potato Fries Baked Beans Fruit Milk	22 Pizza/wg Veggie/Dip Lettuce Fruit Milk	23 Spaghetti/meat Sauce Breadstick/wg Lettuce, Peas Fruit Milk	24 Chef Choice of Soup Grilled Cheese/wg Veggie/Dip Fruit Milk
27 Cook choice of Breakfast Veggie/Dip Choice of Potatoes Fruit Milk	28-Mar Taco/soft shell/chips Lettuce Refried Beans Fruit Milk	26-Mar Chicken Nuggets, bread/wg Mashed Potatoes/Gravy Veggie/Dip Fruit Milk	30 Hamburger Rice Hotdish/wg Mixed vegetable, Coleslaw Bread/wg Fruit Milk	31 Cheesy Ravioli/wg Lettuce, Green beans Breadstick/wg Fruit Milk

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