

OCTOBER 2023

New Discoveries Montessori Academy

Monday	Tuesday	Wednesday	Thursday	Friday
Grain Item/Protein Item2 Fruit/Fruit Juice Milk	Grain Item/Protein Item3 Fruit/Fruit Juice Milk	Grain Item/Protein Item Fruit/Fruit Juice Milk	Grain Item/Protein Item5 Fruit/Fruit Juice Milk	Grain Item/Protein Items Fruit/Fruit Juice Milk
Grain Item/Protein Ite ? Fruit/Fruit Juice Milk	Grain Item/Protein Ite 10 Fruit/Fruit Juice Milk	Grain Item/Protein Item Fruit/Fruit Juice Milk	Grain Item/Protein Item 2 Fruit/Fruit Juice Milk	Grain Item/Protein Ite <mark>m3</mark> Fruit/Fruit Juice Milk
Grain Item/Protein Ite <mark>r 16</mark> Fruit/Fruit Juice Milk	Grain Item/Protein Item 7 Fruit/Fruit Juice Milk	NO SCHOOL 18	NO SCHOOL 19	NO SCHOOL 20
Grain Item/Protein Item23 Fruit/Fruit Juice Milk	Grain Item/Protein Ite 24 Fruit/Fruit Juice Milk	Grain Item/Protein Ite Fruit/Fruit Juice Milk	Grain Item/Protein Ite 26 Fruit/Fruit Juice Milk	Grain Item/Protein
Grain Item/Protein Ite Fruit/Fruit Juice Milk	Grain Item/Protein Ite Fruit/Fruit Juice Milk		Series .	3



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Menu subject to change upon availapility. WG=whole grain. Alternate menu: sub sandwich(E1-E3), chef salad (E3 only)

Monday	Tuesday	Wednesday	Thursday	Friday
Riblet Sandwich/WG bur2 Pasta Salad Baked beans Fruit Milk	Pizza/WG Lettuce Veggie/Dip Fruit Milk	Tator Tot Hotdish Breadstick/WG Lettuce/Carrots Fruit Milk	Asian Chicken WG Rice Eggroll/Edamame Fruit Milk	Early Out-lunch bag Sub Sandwich/WG Veggie Chips Fruit Milk
Italian Dunkers/WG 9 Meat Sauce Peas/Lettuce Fruit Milk	Taco/Soft Shell/WG Lettuce/Chips Refried Beans Fruit Milk	Macaroni and Cheese Bread/WG Green beans/Lettuce Fruit Milk	Breakfast for lunch Potato Triangle Veggie/Dip Fruit Milk	Chef Choice of Soup 3 Grilled Cheese/WG Veggie/Dip Fruit Milk
Mashed Potatoes Meat Gravy Bread/WG Carrots, Fruit Milk	Pizza Crunchers/WG 7 Lettuce Veggie/Dip Fruit Milk	NO SCHOOL 18	NO SCHOOL 19	NO SCHOOL 20
Cheeseburger/WG bur 23 Smiles Veggie/Dip Fruit Milk	Beef Taco/Soft She 24 Spanish Rice Refried Beans/Lettuce Fruit Milk	Chicken Noodle Hotd Breadstick/WG Green beans/Lettuce Fruit Milk	Cheesy Potatoes Fish Sticks Bread/WG Carrot, Fruit Milk	Chili/Cheese Cinnamon Roll/WG Veggie/Dip Fuit Milk
Hamburger Hotdish Black bean Salad Bread/WG, Frult Milk	Sweet Potato Fries Chicken nuggets/WG Veggie/Dip Fruit Milk			

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