

Monday

Tuesday

Wednesday

Thursday

Friday

Grain Item/Protein Item **5**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **6**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **7**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **8**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **9**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **12**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **13**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **14**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **15**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **16**
 Fruit/Fruit Juice
 Milk

NO SCHOOL **19**

Grain Item/Protein Item **20**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **21**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **22**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **23**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **26**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **27**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **28**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **29**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein Item **30**
 Fruit/Fruit Juice
 Milk



JANUARY 2026

New Discoveries Montessori Academy

Menu subject to change upon availability. WG=whole grain.

Alternate menu: sub sandwich(E1-E3), chef salad (E3 only)

Monday

Tuesday

Wednesday

Thursday

Friday

Cheeseburger/WG Bun **5**
Oven Fries
Fruit
Milk

Taco/Soft Shell/WG **6**
Refried beans/Lettuce
Chips
Fruit
Milk

Teriyaki Chicken **7**
Rice/WG
Eggroll
Edamame
Fruit
Milk

Macaroni and Cheese/WG **8**
Bread/WG
Lettuce/Broccoli
Fruit
Milk

Chef Choice of Soup **9**
Grilled Cheese/WG
Veggie/Dip
Fruit
Milk

Italian Dunkers/WG **12**
Meat Sauce
Lettuce
Fruit
Milk

Breakfast For Lunch **13**
Veggie/Dip
Parfait
Milk

Chicken **14**
Mashed Potatoes
Bread/WG
Corn
Fruit
Milk

Pizza/WG **15**
Veggie/Dip
Lettuce
Fruit
Milk

Orange Chicken **16**
Rice/WG
Eggroll
Edamame
Fruit
Milk

NO SCHOOL **19**

Chicken Pasta Alfredo **20**
Breadstick/WG
Lettuce/Peas
Fruit
Milk

Spruce Choice of Lunch **21**
Loaded nachos
Cheesy Broccoli
Mango
Chocolate Cake
Milk

Mini Corn Dogs/WG **22**
Choice of Potato
Veggie/Dip
Fruit
Milk

Chef Choice of Soup **23**
Grilled Cheese/WG
Veggie/Dip
Fruit
Milk

Chicken Noodle Hotdish **26**
Lettuce
Veggie/Dip
Bread/WG
Fruit
Milk

Pizza/WG **27**
Veggie/Dip
Broccoli Salad
Fruit
Milk

Breakfast For Lunch **28**
Veggie/Dip
Parfait
Milk

Meat Gravy **29**
Mashed Potatoes, Corn
Bread/WG
Fruit
Milk

Bag lunch **30**
Sub Sandwich/WG
Chips
Carrots
Fruit
Milk

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