



# OCTOBER 2025

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

**BREAKFAST:** grain/protein item, fruit/fruit juice, and milk every day.

Chicken Sandwich/WG Bun  
Oven Fries  
Veggie/Dip  
Fruit  
Milk

Taco/Soft Shell/WG  
Chips  
Refried Beans/Lettuce  
Fruit  
Milk

Chicken Pasta Alfredo  
Breadstick/WG  
Peas/Lettuce  
Fruit  
Milk

Breakfast for Lunch  
Parfait  
Veggie/Dip  
Fruit  
Milk

Chef Choice of Soup  
Grilled cheese/WG  
Veggie/Dip  
Fruit  
Milk

Italian Dunkers/WG  
Meat Sauce  
Green Beans/Lettuce  
Fruit  
Milk

Cheeseburger/WG Bun  
Oven Fries  
Baked beans  
Fruit  
Milk

NO SCHOOL

NO SCHOOL

NO SCHOOL

Pizza/WG  
Veggie/Dip  
Lettuce  
Fruit  
Milk

Taco/Sof Shell/WG  
Chips  
Refried Beans/Lettuce  
Fruit  
Milk

Apple Choice of Lunch  
Pancakes/Waffles  
Sweet Potato Fries  
Cheese Sticks/Eggs  
Berries/Ice Cream  
Milk

Spaghetti/Meat Sauce  
Breadstick/WG  
Green Beans  
Lettuce  
Fruit  
Milk

Orange Chicken/WG  
Rice  
Edamame  
Eggroll  
Fruit  
Milk

Hot Dog/WG Bun  
Mac and Cheese  
Carrot/Lettuce  
Fruit  
Milk

Tator Tots Hotdish  
Bread/WG  
Mixed vegetable/Lettuce  
Fruit  
Milk

Chicken and Cheese Wrap  
Lettuce  
Choice of Potato  
Fruit  
Milk

Pizza/WG  
Broccoli Salad  
Lettuce  
Fruit  
Milk

Chef Choice of Soup  
Grilled Sandwich/WG  
Veggie/Dip  
Fruit  
Milk



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