

Monday

Tuesday

Wednesday

Thursday

Friday

Grain Item/Protein It **1**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein It **2**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein It **3**
 Fruit/Fruit Juice
 Milk

NO SCHOOL **4**

NO SCHOOL **7**

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

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

Grain Item/Protein It **10**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein It **11**
 Fruit/Fruit Juice
 Milk

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

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

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

Grain Item/Protein It **17**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein It **18**
 Fruit/Fruit Juice
 Milk

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

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

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

Grain Item/Protein It **24**
 Fruit/Fruit Juice
 Milk

Grain Item/Protein It **25**
 Fruit/Fruit Juice
 Milk

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

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

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



SEPTEMBER 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

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Friday

Beef Taco/Soft Shell 1
Refried beans/Lettuce
Chips
Fruit
Milk

Pasta Chicken Alfredo 2
Breadstick/WG
Peas/Lettuce
Fruit
Milk

BBQ Pork/WG Bun 3
Potato Salad
Veggie/Dip
Fruit
Milk

NO SCHOOL 4

NO SCHOOL 7

Chicken Tenders/WG 8
Smiles
Veggie/Dip
Fruit
Milk

Spaghetti/Meat Sauce 9
Breadstick/WG
Green beans/Lettuce
Fruit
Milk

Pizza/WG 10
Lettuce
Broccoli Salad
Fruit
Milk

Chef Choice of Soup 11
Grilled Cheese/WG
Veggie/Dip
Fruit
Milk

Macaroni and Cheese 14
Bread/WG
Carrots/ Lettuce
Fruit
Milk

Beef Taco/Soft Shell 15
Refried beans/Lettuce
Chips
Fruit
Milk

Breakfast for Lunch 16
Veggie/Dip
Fruit parfait
Milk

Cheeseburger/WG Bun 17
Sweet Potato Fries
Coleslaw
Fruit
Milk

Orange Chicken/WG 18
Rice
Veggies/Eggroll
Fruit
Milk

Chicken and Cheese 21
Wrap/WG
Broccoli Salad
Veggie/Dip
Fruit
Milk

Italian Dunkers/WG 22
Meat Sauce
Peas/Lettuce
Fruit
Milk

Choice of Chicken/WG 23
Mashed Potatoes
Corn
Fruit
Milk

Pizza/WG 24
Lettuce
Veggie/Dip
Fruit
Milk

Chef Choice of Soup 25
Grilled Cheese/WG
Veggie/Dip
Fruit
Milk

Teriyaki Chicken 28
Rice
Eggroll/Veggies
Fruit
Milk

Hot Dog/WG Bun 29
Choice of Potato
Baked beans
Fruit
Milk

Breakfast for Lunch 30
Veggie/Dip
Fruit parfait
Milk

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