

DISCOVERY MONTESSORI



MONDAY

BREAKFAST: 3
Fruit
Cereal
Juice**
Milk

LUNCH:
Picadillo
Brown Rice
Red Beans
Plantains
Peaches
Milk

SNACK:
Yogurt
Graham Crackers

TUESDAY

BREAKFAST: 4
Pancakes Syrup
Juice**
Peaches
Milk

LUNCH:
Macaroni & Cheese
Green Beans
Mixed Green Salad *Ranch Dr*
Garlic Bread
Applesauce
Milk

SNACK:
Chocolate Chip Cookies
Milk**

WEDNESDAY

BREAKFAST: 5
Cantaloupe
Blueberry Muffin
Yogurt
Milk

LUNCH:
Chicken Tender
Waffles *Syrup*
Peas & Carrots
Fruit Cocktail
Milk

SNACK:
Assorted Crackers
Juice

THURSDAY

BREAKFAST: 6
Fruit
Cereal
Milk

LUNCH:
Spaghetti (plain)
Meatballs
Garlic Bread
Steamed Baby Carrots
Mixed Green Salad
Ranch dressing
Peaches
Milk

SNACK:
Animal Crackers
Milk

FRIDAY

BREAKFAST: 7
Applesauce
Boiled Egg
English Muffin
Juice
Milk

LUNCH:
Pizza**
Mixed Vegetables
Pears
Milk

SNACK:
Red Apple**
Honey Oat Goldfish**



BREAKFAST: 10
Cereal
Fruit Cocktail
Milk

LUNCH:
Pop Corn Chicken
Brown Rice
Green Peas & Carrots
Pineapple
Milk

SNACK:
Assorted Crackers
Turkey Ham

BREAKFAST: 11
Blueberry Muffin
Applesauce
Milk

LUNCH:
Breaded Fish *Ketchup*
Roll
Steamed Baby Carrots
Mixed Green Salad
Ranch dressing
Mandarin Orange
Milk

SNACK:
Milk
Chocolate Chip Cookies

BREAKFAST: 12
English Muffin *butter*
Honeydew
Milk

LUNCH:
Taco Beef
Nachos Chips
Taco Beans
Cheese Dip
Corn
Fruit Cocktail
Milk

SNACK:
Juice
Ritz Crackers

BREAKFAST: 13
Bread
Scrambled Egg
Oranges Natural
Milk

LUNCH:
Chicken Fettucine Alfredo
Garlic Bread
Broccoli
Peaches
Milk

SNACK:
Pears
Yogurt



BREAKFAST: 17
Fruit **
Cereal
Milk

LUNCH:
Chicken in Sauce
Brown Rice
Peas & Carrots
Peaches
Milk

SNACK:
Juice
Nut Free Trail Mix

BREAKFAST: 18
Pineapple
Bagel *cream cheese*
Milk

LUNCH:
Picadillo
Congri
Corn
Plantains
Mandarin Orange
Milk

SNACK:
Red Apple
Goldfish Crackers

BREAKFAST: 19
Chocolate Chip Pancakes
Syrup
Pears
Milk

LUNCH:
Lasagna
Garlic Bread
Broccoli, Cauliflower, Carrot
Applesauce
Milk

SNACK:
WG Cheerios
Juice

BREAKFAST: 20
Banana
Juice
Blueberry Muffin
Milk

LUNCH:
Ravioli
Mixed Vegetables
Roll
Cantaloupe
Milk

SNACK:
Juice
Granola Bar*

BREAKFAST: 21
Boiled Egg
Bread
Applesauce
Milk

LUNCH:
Chicken Nuggets *ketchup*
Mashed Potatoes
Mixed Green Salad
Italian Dressing
Roll
Pears
Milk

SNACK:
Graham Crackers
Yogurt





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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST:

Peaches
Cereal
Milk

24

LUNCH:

Chicken Tender *ketchup*
Brown Rice
Sweet Potatoes Fries
Broccoli
Pineapple
Milk

SNACK:

Tropical Mixed Fruit
Yogurt

BREAKFAST:

Pears
Cinnamon Raisin Bagel *cream cheese*
Milk

25

LUNCH:

Beefaroni
Corn
Garlic Bread
Applesauce
Milk

SNACK:

Blueberry Muffin
Milk

BREAKFAST:

Pineapple
Bread
Scrambled Egg
Milk

26

LUNCH:

Meatballs
Brown Rice
Sliced Tomatoes
Black Beans
Cantaloupe
Milk

SNACK:

Peaches
Goldfish Crackers

BREAKFAST:

Cinnamon Apple
Blueberry Vanilla Bread
Milk

27

LUNCH:

Breaded Fish *Ketchup*
Mixed Vegetable
Broccoli
Roll
Mandarin Orange
Milk

SNACK:

Banana Bread
Milk

BREAKFAST:

Banana
Morning Cookies
Yogurt
Juice
Milk

28

LUNCH:

Arroz con Pollo
Green Beans
Mixed Green Salad
Ranch dressing
Roll
Fruit Cocktail
Milk

SNACK:

Animal Crackers
Milk

BREAKFAST:

Pineapple
Cereal Chex
Milk

31

LUNCH:

Corn Dog
Ketchup/Mustard
Green Peas & Carrots
Pears
Roll
Milk

SNACK:

Cuban Crackers
Turkey Ham Slices

