

Discovery Montessori Academy

Menu for May 2016

Revised: 4/22/16



Lunch:

- Monday: Vegetable soup (rice, beans, and mixed vegetables)*
- Tuesday: Lentils and Couscous with Broccoli and Cauliflower*
- Wednesday: Cheese Quesadillas and black beans with kale and tomato salad*
- Thursday: Sautéed squash and zucchini with kidney beans and rice*
- Friday: Pasta Salad (with cucumbers, tomatoes, white beans and olives)*

Snack:

- Monday: Cheese and pretzels*
- Tuesday: Oranges and Pita*
- Wednesday: Cucumbers and hummus*
- Thursday: Pears and pretzels*
- Friday: Yogurt and granola*