

DISCOVERY TREE SCHOOL MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Club

Cereal, Fruit, Milk	English muffins, Spread, Milk	Waffles, Jelly, Milk	Oatmeal w/Milk, Raisins	Pancakes, Fruit, Milk
Cereal, Fruit, Milk	Cheese eggs, Bagels, Milk	Waffles, Jelly, Milk	Oatmeal w/Milk, Raisins	Pancakes, Fruit, Milk

Lunches

(note: all meals served with milk)

Grilled Cheese Sandwich Green Beans Mixed Fruit	Beans & Franks Mixed Veggies Bread Oranges	Cheese Pizza Salad Bananas	Spaghetti Broccoli Bread Apple Sauce	Tuna Sandwich Green Beans Mixed Fruit
Macaroni & Cheese Green Beans Pineapple	Bean & Cheese Burrito Corn Peaches	Fish Sticks French Fries Corn Pears	Enchilada Pie Veggies Apples	Chicken Quesadilla Mixed Veggies Peaches
Ham and Veggie Quiche Cheesy Bread Sticks Apple Sauce	Chili Macaroni Carrots Corn Bread Mixed Fruit	Chicken Salad Sandwich Broccoli Peaches	Turkey Dogs Corn Fresh Fruit	Beans & Rice Corn Apples
Chicken & Rice Mixed Veggies Mixed Fruit	Egg Salad Sandwich Fresh Veggies Bread Melon	Grilled Chicken Mashed Potatoes Veggies Fruit	Ham & Cheese Wraps Broccoli Pears	Spanish Rice Mixed Veggies Cheese Cubes Peaches



Please Note: Toddler menu items change to reflect their eating habits/needs. For example –
Veggies & Dip = Cut & Steamed Veggies
Hot Dogs = Cut Hot Dogs / Bread

Breakfast menus rotates weekly

Serving Sizes:

Milk = ½ to ¾ cup
 Juice = ¼ to ½ cup
 Fruit/Veggies = ¼ to ½ cup
 Bread = ½ to 1 slice
 Cereals = ¼ to ½ cup
 Proteins = 1 ounce
 Pasta/Grains = ¼ to ½ cup

