

Lunch

WGR – Whole Grain

WW – Whole Wheat

MGR – Multi Grain

PRIMANTI
MONTESSORI
ACADEMY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	**This institution is an equal opportunity provider**		1 Chicken Burgers (WW) Potato Wedges Carrots Sticks Fruit Cocktail Milk and Water V Grilled Cheese Sandwich	2 Chicken Flautas Mexican Rice with Corn Mixed Fruit Milk and Water V Cheese Quesadillas	3 Chicken Tenders (WW) Bun Mashed Potatoes & Peas Sliced Pears Milk and Water V Mashed Potatoes with Mixed Veggies	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	6 Cheese & Spinach Ravioli w/ Marinara Sauce Steamed Peas Pear Slices Milk and Water	7 Teriyaki Chicken Steamed Rice Broccoli Pineapple Chunks Milk and Water V Veggie Fried Rice	8 Mini Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk and Water	9 (WGR) Cheese & Bean Burritos Spanish Rice Steamed Green Beans Peach Slices Milk and Water	10 Turkey & Cheese Sandwiches (WW) Carrot Sticks Banana Slices Milk and Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	13 (WGR) Fettuccine Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water V Fettuccine Alfredo	14 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Fruit Cocktail Milk and Water V Veggie Noodle Stir Fry	15 (WW) Grilled Cheese Sandwich Carrots with Ranch Dressing Banana Slices Milk and Water	16 (WGR) Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk and Water	17 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Peaches Milk and Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
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Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	27 (WGR)Baked Ziti with Ricotta & Mozzarella Green Beans Garlic Bread Apple Slices Milk and Water	28 Chicken Dumplings Vegetable Fried Rice Broccoli Mandarin Oranges Milk and Water V Cheesy Broccoli Ric e	29 Sloppy Joes on a Bun (WW) Steamed Green Beans Apple Slices Milk and Water V Cheese Sandwich	30 (WW) Soft Chicken Tacos Mexican Rice Steamed Mixed Vegetables Banana Slices Milk and Water V Cheese Quesadillas	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup