

Lunch

WGR- Whole Grain

WW – Whole Wheat

MGR – Multi Grain



PRIMANTI MONTESSORI ACADEMY

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	3 Fettuccine Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water V- Fettuccine Alfredo	4 Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water V Mixed Veggie Fried Rice	5 (WW) Chicken Salad Sandwich Carrot Sticks w/Ranch Infants Steamed Carrots Banana Milk & Water V Veggie and Cheese Wrap	6 Chicken & Cheese Flautas Spanish Rice Pinto Beans Fruit Cocktail Milk & Water V Bean and Cheese Burrito	7 Chicken Nuggets Mashed Potatoes Steamed Corn Sliced Oranges Milk & 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 ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	10 (WGR) Chicken and Vegetable Pasta Primavera Mixed Vegetables Fruit Cocktail Milk and Water V Vegetable Pasta Primavera	11 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water V Veggie Noodle Stir Fry	12 (WGR) Turkey & Cheese Sandwich Carrots w/Ranch Infants Steamed Carrots Banana Milk & Water V Cheese Sandwich	13 (WGR) Chicken Taquitos Mexican Rice Black Beans Mixed Fruit Milk & Water V Cheese Quesadilla	14 Sloppy Joes on a (WW) Bun Peas and Carrots Apple Slices Milk & Water V Veggie and Cheese Wrap	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 ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	17 (WGR) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water	18 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water V Cheesy Broccoli Rice	19 Cheese & Chicken Pizza Carrot Sticks w/Ranch Infants Steamed Carrots Banana Milk & Water V Cheese Pizza	20 (WGR) Bean & Cheese Burrito Mexican Rice Steamed Green Beans Peach Slices Milk & Water	21 Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water V Cheesy Mashed Potatoes	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 ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	24 (WGR) Cheese & Spinach Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water	25 Chicken Fried Rice with Pinto Beans Steamed Broccoli Pineapple Chunks Milk & Water V Fried Rice with Pinto Beans	26 Chicken Burgers (WW) Potato Wedges Carrots Sticks w/Ranch Infants Steamed Carrots Pear Slices Milk & Water V Cheese Sandwich	27 (WGR) Soft Chicken Tacos Spanish Rice Pinto Beans Banana Slices Milk & Water V Cheese Quesadilla	28 (WW) Grilled Cheese Sandwiches Carrots w/Ranch Infants Steamed Carrots Orange Slices Milk & Water V Grilled 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 ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	31 (WGR) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water			Free Meal modifications are available upon request for participants with disabilities	**This institution is an equal opportunity provider**	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