

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 ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup			1 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water V Mashed Potatoes/Veggies	2 Cheese Quesadillas Spanish Rice Refried Beans Apple Slices Milk and Water	3 School Closed Independence Day	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 ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	6 (WG) Fettuccine Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water V Fettuccine Alfredo	7 (WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water V Veggie Noodle Stir Fry	8 (WW) Turkey & Cheese Sandwich Carrots with Ranch Dressing Banana Milk & Water V Cheese Sandwich	9 (WG) Chicken Taquitos Mexican Rice with Corn Mixed Fruit Milk & Water V Bean and Cheese Burrito	10 Sloppy Joes on a (WW) Bun Peas and Carrots Orange Slices Milk & Water V Pita Bread with Cheese Slices	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 ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	13 (WG) Spaghetti with Marinara Sauce Steamed Green Beans Peach Slices Milk and Water	14 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water V Veggie Fried Rice	15 (WW) Grilled Cheese Sandwich Carrots with Ranch Dressing Banana Milk & Water	16 (WW) Cheese & Bean Burritos Spanish Rice Steamed Green Beans Peach Slices Milk & Water	17 Chicken Burgers with Cheese (WW) Bun Carrots w/ Ranch Apple & Orange Slices Milk & Water V Pita Bread with Cheese Slices	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 ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	20 (WG) Cheese Ravioli With Marinara Sauce Mixed Vegetables Garlic Bread Fruit Cocktail Milk & Water	21 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water V Veggie Fried Rice	22 Cheese & Chicken Pizza Carrot Sticks With Ranch Dressing Banana Slices Milk & Water V Cheese Pizza	23 (WG) Soft Chicken Tacos Mexican Rice Pinto Beans Banana Slices Milk & Water V Veggie Tacos	24 Popcorn Chicken w/BBQ Sauce Mashed Potatoes Sweet Corn Apple Slices 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
26 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	27 (WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water	28 Teriyaki Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk and Water V Cheesy Broccoli Rice	29 (WW) Chicken Salad Sandwich Carrots Sticks Fruit Cocktail Milk & Water V Grilled Cheese Sandwich	30 Chicken and Cheese Flautas Spanish Rice Black Beans Peach Slices Milk & Water V Cheese Quesadilla	31 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	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