

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 ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	1 (WGR) Chicken Alfredo Fettuccine Green Beans Garlic Bread Apple Slices Milk & Water V Fettuccine Alfredo	2 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water V Veggie Fried Rice	3 Cheese Pizza Steamed (Infant) Carrot Sticks with Ranch Banana Slices Milk & Water	4 Chicken & Cheese Flautas Spanish Rice Mixed Vegetables Fruit Cocktail Milk & Water V Bean & Cheese Burrito	5 Chicken Burger (WW) Bun Steamed Broccoli Apple Slices Milk & Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 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	8 Spaghetti with Marinara Sauce Garlic Bread Green Beans Orange Slices Milk & Water	9 BBQ Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk & Water V Cheesy Broccoli Rice	10 Chicken Nuggets Mashed Potatoes Peas Orange Slices Milk & Water V Pita Flat Bread with Cheese Slices	11 (WGR) Chicken and Cheese Quesadillas With Steamed Corn Mixed Fruit Milk & Water V Cheese Quesadilla	12 (WW) Grilled Cheese Sandwich Steamed (infants) Carrot Sticks w/Ranch Apple and Orange Slices Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 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	15 (WGR) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water	16 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water V Veggie Noodle Stir Fry	17 (WW) Turkey & Cheese Sandwich Steamed (infants) Carrots with Ranch Dressing Pear Slices Milk & Water V Cheese Sandwich	18 (WGR) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	19 Chicken Tenders Mashed Potato Peas and Carrots Orange Slices Milk & Water V Pita Flat Bread with Cheese Slices	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 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	22 Cheese Ravioli W/ Marinara Sauce Green Beans Garlic Bread Apple Milk & Water	23 Orange Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk & Water V Veggie Fried Rice	24 (WGR) Macaroni & Cheese Steamed Peas Banana Slices Milk & Water	25 (WGR) Soft Chicken Taco Spanish Rice Mixed Vegetables Banana Slices Milk & Water V Bean and Cheese Burrito	26 Popcorn Chicken With BBQ Dip Cornbread Corn Apple Slices Milk & Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 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	29 (WGR) Baked Ziti with Mozzarella & Marinara Green Beans Garlic Bread Apple Slices Milk & Water	30 Teriyaki Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk and Water V Cheese Broccoli Rice	**This institution is an equal opportunity provider**	Free Meal modifications are available upon request for participants with disabilities		Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup