

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 ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	**This institution is an equal opportunity provider**	Free Meal modifications are available upon request for participants with disabilities			1 Turkey & Cheese Sandwich (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 ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	4 (WGR) Spaghetti with Marinara Sauce Steamed Green Beans Peach Slices Milk and Water	5 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk and Water V Cheesy Broccoli Ricei	6 Cheese Pizza Carrot Sticks Infants Steamed Carrots With Ranch Banana Milk and Water	7 Chicken Taquitos Mexican Rice Corn Mixed Fruit Milk and Water V Bean and Cheese Burrito	8 Chicken Salad Sandwich (WW) Carrot Sticks Infants Steamed Carrots Banana Milk and 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
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	11 (WGR) Chicken and Vegetable Primavera With Chicken Mixed Vegetables Fruit Cocktail Milk and Water	12 BBQ Chicken Steamed Rice Broccoli Apples Slices Milk and Water V Veggie Wraps	13 Chicken Burgers (WW) Carrots Sticks Infants Steamed Carrots Fruit Cocktail Milk and Water V Grilled Cheese Sandwich	14 (WW) Cheese & Bean Burritos Spanish Rice Steamed Green Beans Peach Slices Milk and Water	15 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange 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
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Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	25 Memorial Day School Closed	26 Orange Chicken Vegetable Fried Rice Broccoli Pineapple Chunks Milk and Water V Cheesy Broccoli Rice	27 (WGR) Cheese Macaroni Steamed Peas Banana Milk & Water	28 Cheese & Chicken Enchilada Mexican Rice Corn Mixed Fruit Milk & Water V Cheese Enchilada	29 Sloppy Joes on a (WW) Bun Potato Wedges Peas and Carrots Orange Slices Milk and Water V Veggie Wraps	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