

Lunch

October 2026

WGR – Whole Grain Rich

WW – Whole Wheat

MG – Multi Grain



PRIMANTI MONTESSORI ACADEMY

	Monday	Tuesday	Wednesday	Thursday	Friday	
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup				1 Chicken & Cheese Chalupa with Shredded Cabbage, Mexican Rice Pinto Beans Mixed Fruit Milk & Water V Bean and Cheese Chalupa	2 Cheese & Chicken Pizza Carrot Sticks with Ranch Banana Slices Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces 1/2 Cup, 3/4 Cup, 3/8 Cup Vegetables/Fruit 1/4 Cup Grains 1/2 Slice/Serving 1/4 Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	5 Cheese & Spinach Lasagna Garlic Bread Mixed Vegetables Fruit Cocktail Milk & Water	6 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water V Broccoli Fried Rice	7 (WW) Macaroni & Triple Cheeses Steamed Peas Pear Slices Milk & Water	8 (WW) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	9 Sloppy Joes on a (WW) Bun Peas and Carrots Orange Slices Milk & Water V Mini Cheese Pizza	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces 1/2 Cup, 3/4 Cup, 3/8 Cup Vegetables/Fruit 1/4 Cup Grains 1/2 Slice/Serving 1/4 Cup
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