

Lunch

December 2022



Montessori Academy of Arcadia

(WG) – Whole Grain (WW) – Whole Wheat (MG) – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 1 Ounce or ¼ Cup ½ Slice or ¼ Cup ⅛ Cup ⅛ Cup ½ Cup</p>				<p>1 (WG) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk & Water</p>	<p>2 Turkey & Cheese Sandwiches (WW) Carrot Sticks Pineapple Chunks Milk & Water</p>	<p>3 Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup</p>
<p>4 Size Servings Ages 1-2 1 Ounce or ¼ Cup ½ Slice or ¼ Cup ⅛ Cup ⅛ Cup ½ Cup</p>	<p>5 (WG) Penne Pasta with Turkey Meatballs & Marinara Sauce Peas and Carrots Apple Slices Milk & Water</p>	<p>6 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>7 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Slices Milk & Water</p>	<p>8 (WG) Chicken & Cheese Flautas Mexican Rice With Corn Mixed Fruit Milk & Water</p>	<p>9 Sloppy Joes on a (WW) Bun Potato Wedges Green Beans Orange Slices Milk & Water</p>	<p>10 Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup</p>
<p>11 Size Servings Ages 1-2 1 Ounce or ¼ Cup ½ Slice or ¼ Cup ⅛ Cup ⅛ Cup ½ Cup</p>	<p>12 (WW) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Cocktail Milk & Water</p>	<p>13 BBQ chicken Steamed Rice Broccoli Apples Slices Milk & Water</p>	<p>14 Chicken Burgers (WW) Potato Wedges Carrot Sticks with Ranch Apple Slices Milk & Water</p>	<p>15 (WG) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water</p>	<p>16 Chicken Tenders Mashed Potatoes Peas Orange Slices Milk & Water</p>	<p>17 Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup</p>
<p>18 Size Servings Ages 1-2 1 Ounce or ¼ Cup ½ Slice or ¼ Cup ⅛ Cup ⅛ Cup ½ Cup</p>	<p>19 (WG) Spaghetti with Meat Sauce Steamed Green Beans Peach Slices Milk & Water</p>	<p>20 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water</p>	<p>21 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water</p>	<p>22 (WW) Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>23 Day Before Christmas Eve School Closed</p>	<p>24 Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup</p>
<p>25 Size Servings Ages 1-2 1 Ounce or ¼ Cup ½ Slice or ¼ Cup ⅛ Cup ⅛ Cup ½ Cup</p>	<p>26 Day After Christmas Day School Closed</p>	<p>27 (WG) Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>28 Chicken Nuggets with BBQ Dipping Sauce Corn Kernels Cornbread Sliced Apples Milk & Water</p>	<p>29 (WG) Chicken Taquitos Mexican Rice Steamed Green Beans Peach Slices Milk & Water</p>	<p>30 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water</p>	<p>31 Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup</p>