

Lunch

WG – Whole Grain

February 2023

WW – Whole Wheat WG – Whole Grain



Montessori Academy of Arcadia

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Size Servings Ages 1-2 1 Ounce / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup			(WW) Grilled Cheese Carrot Sticks Apple Slices Milk and Water	Chicken Flautas Mexican Rice With Corn Mixed Fruit Milk and Water	Chicken Nuggets Potato Wedges Carrots Orange Slices Milk and Water	Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup
5	6	7	8	9	10	11
Size Servings Ages 1-2 1 Ounce / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup	WG Fettuccini Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water	BBQ chicken Steamed Rice Broccoli Apples Slices Milk and Water	Sloppy Joes On a Bun(WW) Steamed Green Beans Apple Slices Milk and Water	(WW) Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk and Water	Cheese Pizza Carrot Sticks w/ Ranch Dressing Banana Milk And Water	Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup
12	13	14	15	16	17	18
Size Servings Ages 1-2 1 Ounce / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup	(WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Milk and Water	Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk and Water	Chicken Tenders Mashed Potatoes Peas Bananas Milk and Water	(WW) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk and Water	Turkey & Cheese Sandwiches (WW) Carrots with Ranch Dressing Pineapple Chunks Milk and Water	Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup
19	20	21	22	23	24	25
Size Servings Ages 1-2 1 Ounce / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup	Presidents' Day School Closed	Chicken Stir Fry Noodles Broccoli Mandarin Oranges Milk and Water	(WG) Cheese Macaroni Steamed Peas Apple Slices Milk and Water	(WW) Soft Chicken Tacos Spanish Rice Steamed Green Beans Peach Slices Milk and Water	(WW) Chicken Burgers Potato Wedges Carrot Sticks Banana Milk and Water	Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup
26	27	28				
Size Servings Ages 1-2 1 Ounce / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup	Spinach and Cheese Ravioli w/ Marinara Sauce Garlic Bread Pear Slices Milk and Water	Chicken Dumplings Fried Vegetable Rice Steamed Broccoli Fortune Cookies Milk and Water				Size Servings Ages 3-5 1.5 Ounces / ⅜ Cup ½ Slice / ¼ Cup ¼ Cup ¼ Cup ¾ Cup