

# Lunch

# June 2023

WG – Whole Grain

WW – Whole Wheat

MG – Multi Grain



Montessori Academy of Arcadia

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 1 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>				<p>1 Rice &amp; Beans with Chicken Steamed Mixed Vegetables Fruit Cocktail Milk &amp; Water</p>	<p>2 Sloppy Joes on a (WW) Bun Potato Wedges Peas and Carrots Orange Slices Milk &amp; Water</p>	<p>3 Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>4 Size Servings Ages 1-2 1 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>5 (WG) Cheese &amp; Spinach Lasagna Garlic Bread Mixed Fruit Milk &amp; Water</p>	<p>6 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk &amp; Water</p>	<p>7 Chicken Nuggets Mashed Potatoes Peas Orange Slices Milk &amp; Water</p>	<p>8 (WG) Chicken and Cheese Quesadillas With Steamed Corn Mixed Fruit Milk &amp; Water</p>	<p>9 Chicken Burger (WW) Bun Steamed Broccoli Apple Slices Milk &amp; Water</p>	<p>10 Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>11 Size Servings Ages 1-2 1 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>12 (WG) Chicken Alfredo Fettuccini Green Beans Garlic Bread Apple Slices Milk &amp; Water</p>	<p>13 (WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk &amp; Water</p>	<p>14 (WW) Macaroni &amp; Cheese Steamed Peas Banana Slices Milk &amp; Water</p>	<p>15 (WG) Cheese &amp; Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk &amp; Water</p>	<p>16 Pizza Carrot Sticks With Ranch Banana Slices Milk &amp; Water</p>	<p>17 Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>18 Size Servings Ages 1-2 1 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>19 Cheese &amp; Spinach Ravioli Green Beans Garlic Bread Apple Milk &amp; Water</p>	<p>20 (WG) Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk &amp; Water</p>	<p>21 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Slices Milk &amp; Water</p>	<p>22 (WG) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk &amp; Water</p>	<p>23 Popcorn Chickens With BBQ Dip (WG) Cornbread Corn Apple Slices Milk &amp; Water</p>	<p>24 Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>25 Size Servings Ages 1-2 1 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>26 (WG) Baked Ziti with Mozzarella &amp; Marinara Green Beans Garlic Bread Apple Slices Milk &amp; Water</p>	<p>27 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk &amp; Water</p>	<p>28 (WG) Turkey &amp; Cheese Sandwich Carrots with Ranch Dressing Pear Slices Milk &amp; Water</p>	<p>29 (WG) Chicken &amp; Cheese Flautas Spanish Rice Mixed Vegetables Fruit Cocktail Milk and Water</p>	<p>30 Chicken Tenders Mashed Potato Peas and Carrots Orange Slices Milk &amp; Water</p>	<p>Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>