

Lunch

November 2022

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 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>		<p>1 String Bean Chicken Steamed Rice Pineapple Chunks Milk & Water</p>	<p>2 (WG) Turkey & Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>3 (WW) Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>4 Popcorn Chicken with BBQ Dipping Sauce Corn Kernels Cornbread Sliced Apples Milk & Water</p>	<p>5 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>6 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>7 (WG) Cheese Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>8 (WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water</p>	<p>9 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water</p>	<p>10 (WG) Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk & Water</p>	<p>11 Veterans Day School Closed</p>	<p>12 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>13 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>14 (WW) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water</p>	<p>15 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water</p>	<p>16 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water</p>	<p>17 (WG) Chicken Flautas Mexican Rice Steamed Green Beans Peach Slices Milk & Water</p>	<p>18 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water</p>	<p>19 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>20 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>21 (WG) Spaghetti with Marinara Sauce Garlic Bread Green Beans Sliced Pears Milk & Water</p>	<p>22 Roast Turkey Mashed Potatoes with Gravy & Stuffing Green Beans Pumpkin Pie Milk & Water</p>	<p>23 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>24 Thanksgiving School Closed</p>	<p>25 Day After Thanksgiving School Closed</p>	<p>26 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>27 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>28 (WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water</p>	<p>29 (WG) Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>30 Chicken Burgers (WW) With Cheese Carrots Sticks Fruit Cocktail Milk & Water</p>	<p>Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water</p>		<p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>