

Lunch

October 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 Ounces / 3/8 Cup</p> <p>1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>	<p>3</p> <p>(WG) Cheese Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>4</p> <p>(WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water</p>	<p>5</p> <p>(WG) Turkey & Cheese Sandwiches with Mayonnaise Carrots w/Ranch Dressing Banana Milk & Water</p>	<p>6</p> <p>(WG) Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk & Water</p>	<p>7</p> <p>(WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>8</p> <p>Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>
<p>9</p> <p>Size Servings Ages 1-2 1 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>	<p>10</p> <p>(WW) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water</p>	<p>11</p> <p>Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water</p>	<p>12</p> <p>(WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water</p>	<p>13</p> <p>(WG) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water</p>	<p>14</p> <p>Sloppy Joes on a (WW) Bun Potato Wedges Peas and Carrots Orange Slices Milk & Water</p>	<p>15</p> <p>Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>
<p>16</p> <p>Size Servings Ages 1-2 1 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>	<p>17</p> <p>(WW) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water</p>	<p>18</p> <p>BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>19</p> <p>Chicken & Cheese Burgers (WW) Potato Wedges Carrots Sticks Fruit Cocktail Milk & Water</p>	<p>20</p> <p>(WG) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk & Water</p>	<p>21</p> <p>(WG) Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water</p>	<p>22</p> <p>Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>
<p>23</p> <p>Size Servings Ages 1-2 1 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>	<p>24</p> <p>Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Wate</p>	<p>25</p> <p>(WG) Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>26</p> <p>Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water</p>	<p>27</p> <p>Chicken & Cheese Flautas Spanish Rice Peach Slices Milk & Water</p>	<p>28</p> <p>(WG) Popcorn Chicken With Dipping Sauces Steamed Broccoli Apple Slices Milk & Water</p>	<p>29</p> <p>Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>
<p>30</p> <p>Size Servings Ages 1-2 1 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>	<p>31</p> <p>(WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water</p>					<p>Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup</p>

