Lunch January 2026

WGR – Whole Grain Rich WW – Whole Wheat MGR – Multi Grain

DIAMOND BAR
Montessori Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				1 **New Year's Day School Closed**	2 Popcorn Chicken with BBQ Dipping Sauce Corn Kernels Cornbread Sliced Apples Milk & Water	3 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
4 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Mil Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	5 Cheese Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water	6 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water	7 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	8 Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk & Water	9 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water	10 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
11 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Mil Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	12 (WW) Spaghetti with Meat Sauce Garlic Bread Green Beans Sliced Pears Milk & Water	13 Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water	14 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water	15 Chicken Flautas Spanish Rice Steamed Green Beans Peach Slices Milk & Water	16 Sloppy Joes (WW) Bun Carrot Sticks With Ranch Banana Slices Milk & Water	17 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
18 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 **Martin Luther King Jr. Day School Closed**	20 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	21 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	22 (WW)Cheese & Bean Burritos Mexican Rice Mixed Vegetable Pineapple Chunks Milk & Water	23 Chicken Tenders Mashed Potatoes (WW) Bun Steamed Peas Apple Slices Milk & Water	24 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup

25 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	27 (WW) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	28 Chicken Burgers (WW) With Cheese Carrots Sticks Fruit Cocktail Milk & Water	29 (WG) Chicken & Cheese Quesadillas Spanish Rice Green Beans Banana Slices Milk & Water	30 Turkey &Cheese Sandwiches (WW) Carrots with Ranch Dressing Pineapple Chunks Milk and Water	31 **Size Servings Ages 3-5** 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup