Lunch

WGR – Whole Grain

March 2026

WW – Whole Wheat MGR – Multi Grain

DIAMOND BAR
Montessori Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **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	2 (WGR) Baked Ziti with Ricotta & Mozzarella Steamed Green Beans Garlic Bread Apple Slices Milk and Water	3 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk and Water	4 Sloppy Joes on a (WW) Bun Peas and Carrots Banana Slices Milk and Water	5 (WGR) Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk and Water	6 Popcorn Chicken w/BBQ Sauce Mashed Potato Steamed Corn Orange Slices Milk & Water	7 **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
8 **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	9 (WGR) Fettuccini Alfredo With Chicken Steamed Vegetables Apple Slices Milk and Water	10 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Apple Slices Milk and Water	11 (WGR) Cheese Macaroni Steamed Peas Pear Slices Milk and Water	12 (WW) Soft Chicken Tacos Mexican Rice Steamed Mixed Vegetables Banana Slices Milk and Water	13 (WGR) Chicken Salad w/ grated Carrots & Apple Sandwich Baby Carrots & Ranch/Infants Steamed Carrots Orange Slices Milk and Water	14 **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
15 **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	16 Cheese & Spinach Ravioli w/ Marinara Sauce Garlic Bread Peach Slices Milk & Water	17 BBQ chicken Steamed Rice Steamed Broccoli Apples Slices Milk and Water	18 Cheese Pizza Baby Carrots/Infants Steamed Carrots With Ranch Banana Slices Milk and Water	19 (WGR) Cheese & Bean Burritos Spanish Rice Steamed Green Beans Peach Slices Milk and Water	20 Chicken Tenders Mashed Potatoes Peas Orange Slices Milk & Water	21 **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
22 **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	23 (WGR) Spaghetti with Meat Sauce Steamed Green Beans Peach Slices Milk and Water	24 Teriyaki Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk and Water	25 (WW) Grilled Cheese Sandwiches Carrots & Ranch Dressing/Infants Steamed Carrots Banana Slices Milk and Water	26 Chicken Flautas Spanish Rice Steamed Vegetables Fruit Cocktail Milk & Water	27 Chicken Nuggets Mashed Potatoes (WW) Bun Steamed Peas Orange Slices Milk and Water	28 **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

29 **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	30 (WGR) Primavera Pasta w/broccoli, cauliflower & carrots Garlic Bread Apple Slices 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