

Lunch · November 2026

Palos Verdes Montessori Academy · Monthly Menu

WGR Whole Grain Rich
WW Whole Wheat
MGR Multi Grain

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	2 WGR Chicken and Vegetable Pasta Primavera Mixed Vegetables Fruit Cocktail Milk & Water	3 WW Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	4 Chicken Burgers WW With Cheese Carrots Sticks <i>Infants Steamed Carrots</i> Fruit Cocktail Milk & Water	5 WW Cheese & Bean Burritos Mexican Rice Mixed Vegetable Pineapple Chunks Milk & Water	6 Chicken Tenders w/BBQ Dipping Sauce Corn Kernels Cornbread Sliced Apples Milk & Water	7 AGES 3-5 SERVING 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ¾ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
8 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	9 WGR Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water	10 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	11 <div>Veterans Day SCHOOL CLOSED</div>	12 Chicken Taquitos Mexican Rice With Corn Pinto Beans Mixed Fruit Milk & Water	13 Sloppy Joes on a WW Bun Carrot Sticks With Ranch <i>Infants Steamed Carrots</i> Banana Slices Milk & Water	14 AGES 3-5 SERVING 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ¾ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
15 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	16 WGR Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	17 Chicken Dumplings Rice with Black Beans Steamed Broccoli Pineapple Chunks Milk & Water	18 Chicken Nuggets Mashed Potatoes WW Bun Peas Orange Slices Milk & Water	19 WGR Soft Chicken Tacos Spanish Rice Black Beans Banana Slices Milk & Water	20 Turkey Chili & Beans Cornbread Steamed Vegetables Banana Slices Milk & Water	21 AGES 3-5 SERVING 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ¾ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
22 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	23 WGR Spaghetti with Meat Sauce Garlic Bread Green Beans Sliced Pears Milk & Water	24 Roast Turkey Mashed Potatoes with Gravy & Stuffing Cranberry Sauce Green Beans Pumpkin Pie Milk & Water	25 WW Grilled Cheese Sandwiches Carrots with Ranch <i>Infants Steamed Carrots</i> Banana Milk & Water	26 <div>Thanksgiving SCHOOL CLOSED</div>	27 <div>Day After Thanksgiving SCHOOL CLOSED</div>	28 AGES 3-5 SERVING 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ¾ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
29 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	30 WGR Macaroni & Cheese Steamed Peas Pear Slices Milk & Water					AGES 3-5 SERVING 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ¾ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup