Lunch · November 2026

Walnut Montessori-Preschool 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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 *Infants Steamed Carrots* 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 Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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** **Veterans Day** SCHOOL CLOSED	**12** **Chicken Taquitos** Mexican Rice With Corn Pinto Beans Mixed Fruit Milk & Water	**13** **Sloppy Joes on a** WW **Bun** Carrot Sticks With Ranch *Infants Steamed Carrots* Banana Slices Milk & Water	**14** **AGES 3–5 SERVING** 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 **AGES 1–2 SERVING** 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** 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 Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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 *Infants Steamed Carrots* Banana Milk & Water	**26** **Thanksgiving** SCHOOL CLOSED	**27** **Day After Thanksgiving** SCHOOL CLOSED	**28** **AGES 3–5 SERVING** 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 **AGES 1–2 SERVING** 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 **Macaroni & Cheese** Steamed Peas Pear Slices Milk & Water					**AGES 3–5 SERVING** 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