

# March 2021

## American Montessori Academy Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
1	<b>Chicken Alfredo Casserole</b> 2.8 oz. Grilled Chicken 1 oz. Mozzarella Cheese 3/4 c. Broccoli Florets 1/2 c. Diced Peaches 1 c. WG Penne Noodles Choice of Milk	2	<b>Mexican Beef Nachos</b> 3 oz. Seasoned Beef 1 oz. Mexican Cheese 1/2 c. Black Beans 1/4 c. Corn Salsa 1/2 c. Mixed Fruit 2 oz. WG Corn Chips Choice of Milk	3	<b>WG Chicken Nuggets</b> (5) WG Chicken Nuggets 3/4 c. Tater Tots 1/2 c. Mandarin Oranges 1.1 oz WG Dinner Roll BBQ Sauce Ketchup Choice of Milk	4	<b>Beef Hamburger</b> 2.5 oz. Beef Patty 3/4 c. Sweet Potato Wedges 1/2 c. Applesauce 2 oz. WG Sub Bun Choice of Milk	5	<b>Pepperoni &amp; Cheese Pizza</b> 5.72 oz. Slice of Pizza 3/4 c. Fresh Seasonal Veggies & Ranch 1/2 c. Seasonal Fresh Fruit 2 oz. WG Pizza Crust Choice of Milk
8	<b>Crispy Chicken Tenders</b> (3) WG Chicken Tenders 3/4 c. Tater Tots 1/2 c. Applesauce 1.1 oz WG Dinner Roll BBQ Sauce Ketchup Choice of Milk	9	<b>Mexican Beef Tacos</b> 3 oz. Seasoned Beef 1 oz. Mexican Cheese 1/2 c. Black Beans 1/4 c. Corn Salsa 1/2 c. Fresh Orange (2) WG Tortillas Choice of Milk	10	<b>Italian Beef Spaghetti</b> 3 oz. Ground Beef 1 oz. Mozzarella Cheese 3/4 c. Glazed Carrots 1/2 c. Mixed Fruit 1 c. WG Spaghetti Noodles Choice of Milk	11	<b>Turkey Hot Dog</b> 2 oz. Turkey Hot Dog 3/4 c. Sweet Potato Wedges 1/2 c. Fresh Red Apple 2 oz. WW Hot Dog Bun Ketchup Mustard Choice of Milk	12	<b>WG Bosco Sticks</b> (2) 1 oz. Bosco Sticks 1/4 c. Marinara Sauce 3/4 c. Fresh Seasonal Veggies & Ranch 1/2 c. Assorted Fruit Choice of Milk
15	<b>Pancake Brunch</b> 2 oz. (2) Sausage Links 3/4 c. Shredded Hashbrowns w/ 1 oz. Cheese 1/2 c. Mandarin Oranges (2) WG Buttermilk Pancakes Syrup Ketchup Choice of Milk	16	<b>Chicken Patty Sandwich</b> 3.29 oz. WG Breaded Chicken Patty 3/4 c. Sweet Potato Wedges 1/2 c. Fresh Apple 2.05 oz. WG Hamburger Bun Mayo Choice of Milk	17	<b>Cheeseburger Mac</b> 4 oz. Ground Beef & Cheese 3/4 c. Green Beans 1/2 c. Pineapple Tidbits 1 c. WG Macaroni Noodles Choice of Milk	18	<b>Mexican Chicken Fajitas</b> 2.8 oz. Chicken Fajita Strips 1 oz. Mexican Cheese 1/2 c. Diced Peaches 1/2 c. Pinto Beans & 1/4 c. Onions & Peppers (2) WG Tortillas Taco Sauce Choice of Milk	19	<b>Beef Pepperoni Calzone</b> 5 oz. Italian Pepperoni Calzone 3/4 c. Fresh Seasonal Veggies & Ranch 1/2 c. Seasonal Fresh Fruit 2 oz. WG Pizza Crust Choice of Milk
22	<b>Chicken Alfredo Casserole</b> 2.8 oz. Grilled Chicken 1 oz. Mozzarella Cheese 3/4 c. Broccoli Florets 1/2 c. Diced Peaches 1 c. WG Penne Noodles Choice of Milk	23	<b>Mexican Beef Nachos</b> 3 oz. Seasoned Beef 1 oz. Mexican Cheese 1/2 c. Black Beans 1/4 c. Corn Salsa 1/2 c. Mixed Fruit 2 oz. WG Corn Chips Choice of Milk	24	<b>WG Chicken Nuggets</b> (5) WG Chicken Nuggets 3/4 c. Tater Tots 1/2 c. Mandarin Oranges 1.1 oz WG Dinner Roll BBQ Sauce Ketchup Choice of Milk	25	<b>Beef Hamburger</b> 2.5 oz. Beef Patty 3/4 c. Sweet Potato Wedges 1/2 c. Applesauce 2 oz. WG Sub Bun Choice of Milk	26	<b>Pepperoni &amp; Cheese Pizza</b> 5.72 oz. Slice of Pizza 3/4 c. Fresh Seasonal Veggies & Ranch 1/2 c. Seasonal Fresh Fruit 2 oz. WG Pizza Crust Choice of Milk
29	<b>Crispy Chicken Tenders</b> (3) WG Chicken Tenders 3/4 c. Tater Tots 1/2 c. Applesauce 1.1 oz WG Dinner Roll BBQ Sauce Ketchup Choice of Milk	30	<b>Mexican Beef Tacos</b> 3 oz. Seasoned Beef 1 oz. Mexican Cheese 1/2 c. Black Beans 1/4 c. Corn Salsa 1/2 c. Fresh Orange (2) WG Tortillas Choice of Milk	31	<b>Italian Beef Spaghetti</b> 3 oz. Ground Beef 1 oz. Mozzarella Cheese 3/4 c. Glazed Carrots 1/2 c. Mixed Fruit 1 c. WG Spaghetti Noodles Choice of Milk				

This institution is an equal opportunity provider.

\*Menu items are subject to change based on availability.\*