



The Portland Montessori School

Daily Options

Monday

Cheese [^]
Pretzels *

Guacamole^{*^}
Tortilla Chips^{*^}

Tuesday

Yogurt [^]
Granola

Oranges ^{*^}
Veggie Straws ^{*^}

Wednesday

Sun butter ^{*^}
Graham Crackers *

Apples^{*^}
Banana Muffins *

Thursday

Hummus ^{*^}
Pita Chips *

Melon ^{*^}
Animal Crackers *

Friday

Protein Balls ^{*^}
Pears ^{*^}

Plums ^{*^}
Goldfish

Milk is served with lunch. Enrichment snack will consist of two items, including a combination of: fruit, dairy, crackers, and/or veggies.

Vegan *
Gluten Free [^]