



The Portland Montessori School

Daily Options

Monday

Cheese [^]
Crackers ^{*}

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

Tuesday

Yogurt [^]
Granola ^{*}

Pears ^{*^}
Pretzels^{*}

Wednesday

Sun butter ^{*^}
Waffles ^{*}

Bean Dip ^{*^}
Tortilla Chips ^{*^}

Thursday

String Cheese [^]
Apple Sauce ^{*^}

Mandarins ^{*^}
Goldfish

Friday

Sun butter &
Jelly Sandwiches ^{*}
Apples ^{*^}

Melon ^{*^}
Animal Crackers ^{*}

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 [^]



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Daily Options

Monday

Cheese [^]
Apples ^{*^}

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

Tuesday

Crispy Chickpeas ^{*^}
Cucumber ^{*^}

Veggies Straws ^{*^}
Banana ^{*^}

Wednesday

Jam ^{*^}
Bread ^{*}

Mandarins ^{*^}
Asparagus ^{*^}

Thursday

Smashed Potatoes ^{*^}
Peas ^{*^}

Mast-o-Khair [^]
Pita Chips ^{*^}

Friday

Rödbetssallad
(Swedish Beet & Apple Salad) [^]
Bread ^{*^}

Banana Muffins ^{*^}
Pears ^{*^}

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