



# The Portland Montessori School

## Daily Options

**Monday**

Cheese <sup>^</sup>  
Crackers \*

Oranges\*<sup>^</sup>  
Veggie Straws\*<sup>^</sup>

**Tuesday**

Yogurt <sup>^</sup>  
Granola \*

Apples\*<sup>^</sup>  
Pretzels\*

**Wednesday**

Sun butter\*<sup>^</sup>  
Waffles\*

Bean Dip\*<sup>^</sup>  
Tortilla Chips \*<sup>^</sup>

**Thursday**

Graham Crackers \*  
Apple Sauce \*<sup>^</sup>

Mandarins \*<sup>^</sup>  
Goldfish

**Friday**

Sunbutter &  
Jelly Sandwiches \*  
Pears \*<sup>^</sup>

Melon \*<sup>^</sup>  
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 <sup>^</sup>



# The Portland Montessori School

## Daily Options

**Monday**

Cheese <sup>^</sup>  
Grits <sup>\*^</sup>

Guacamole <sup>\*^</sup>  
Tortilla Chips <sup>\*^</sup>

**Tuesday**

Hummus <sup>\*^</sup>  
Carrots <sup>\*^</sup>

Green Beans <sup>\*^</sup>  
Cornbread <sup>^</sup>

**Wednesday**

Ants on a Log <sup>\*^</sup>  
Fruit <sup>\*^</sup>

Sweet Potato Bread <sup>^</sup>  
Fruit <sup>\*^</sup>

**Thursday**

Green Beans <sup>\*^</sup>  
Candied Yams <sup>^</sup>

Veggie Straws <sup>\*^</sup>  
Fruit <sup>\*^</sup>

**Friday**

Waffles <sup>^</sup>  
Fruit <sup>\*^</sup>

Red Beans <sup>\*^</sup>  
Rice <sup>\*^</sup>

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

Vegan <sup>\*</sup>  
Gluten Free <sup>^</sup>