



The Portland Montessori School

Daily Options

Monday

Cheese [^]
Crackers *

Oranges*[^]
Veggie Straws*[^]

Tuesday

Yogurt [^]
Granola *

Apples*[^]
Pretzels*

Wednesday

Sun butter*[^]
Graham Crackers*

Bean Dip*[^]
Tortilla Chips *[^]

Thursday

Hummus *[^]
Pita Chips *

Melon *[^]
Animal Crackers *

Friday

Chia Seed
Overnight Oats *
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 [^]



The Portland Montessori School

Daily Options

Monday

Cheese[^]
Broccoli^{*^}

Mandarins^{*^}
Veggie Straws^{*^}

Tuesday

Avocado Toast^{*}
Cherry Tomatoes^{*^}

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

Wednesday

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

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

Thursday

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

Banana Muffins[^]
Plums^{*^}

Friday

Cream Cheese[^]
Bell Peppers ^{*^}

Applesauce^{*^}
Crackers^{*^}

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