



The Portland Montessori School

Daily Options

Monday

Cheese [^]
Crackers *

Oranges*[^]
Veggie Straws*[^]

Tuesday

Yogurt [^]
Granola *

Apples*[^]
Pretzels*

Wednesday

Sun butter*[^]
Waffles*

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

Thursday

Graham Crackers *
Apple Sauce *[^]

Mandarins *[^]
Goldfish

Friday

Sunbutter &
Jelly Sandwiches *
Pears *[^]

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 [^]



The Portland Montessori School

Daily Options

Monday

Cheese [^]
Crackers ^{*^}

Oranges ^{*^}
Edamame ^{*^}

Tuesday

Hummus ^{*^}
Bell Pepper ^{*^}

Onigiri ^{*^}
Edamame [^]

Wednesday

Sun Butter ^{*^}
Bread ^{*^}

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

Thursday

Yogurt [^]
Granola ^{*^}

Pear Bread [^]
Apples ^{*^}

Friday

Nachos [^]
Bell Pepper ^{*^}

Oatmeal ^{*^}
Pears ^{*^}

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 [^]