



The Portland Montessori School

Daily Options

Monday

Cheese [^]
Crackers *

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

Tuesday

Sun Butter ^{*^}
Waffles *

Pears ^{*^}
Pretzels *

Wednesday

Yogurt [^]
Granola *

Apples ^{*^}
Graham Crackers *

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 [^]