



The Portland Montessori School

Daily Options

Monday

Cheese [^]
Crackers *

Oranges*[^]
Veggie Straws*[^]

Tuesday

Sun butter*[^]
Graham Crackers*

Apples*[^]
Pretzels*

Wednesday

Yogurt [^]
Granola *

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

Cream Cheese[^]
Mini Bagel *

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

Tuesday

Hummus^{*^}
Sweet Potatoes^{*^}

Onigiri^{*^}
Edamame ^{*^}

Wednesday

Baked Egg Bites[^]
Bell Pepper^{*^}

Banana Oat Cookies^{*^}
Apples^{*^}

Thursday

Yogurt [^]
Granola ^{*^}

Cranberry Bread[^]
Clementines^{*^}

Friday

Waffles [^]
Berries ^{*^}

Ants on a Log ^{*^}
Banana ^{*^}

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