



The Portland Montessori School

April 2025

Toddler, PSP, & PFA Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chickpea Pasta with Tomato Sauce ^{*^}	Quesadillas [^]	Red Beans and Rice ^{*^}	Lentil Dahl ^{*^}	Veggie Nuggets [*]
Broccoli ^{*^}	Avocado ^{*^}	Sausage [*]	Rice ^{*^}	Quinoa Rice ^{*^}
Peas ^{*^}	Cherry Tomatoes ^{*^}	Collard Greens ^{*^}	Cauliflower ^{*^}	Pears ^{*^}
Garlic Bread [*]	Refried Beans ^{*^}	Corn ^{*^}	Green Beans ^{*^}	Clementines ^{*^}

Milk is served with lunch everyday.

() vegan*

(^) gluten free