



The Portland Montessori School

January 2025

Toddler, PSP, & PFA Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|----------------------------|--------------------------------|---------------------------------------|-----------------------------|
| Alfredo Pasta ^{*^} | Quesadillas [^] | Teriyaki Tofu ^{*^} | Chickpea Noodle Soup ^{*^} | Veggie Pizza |
| Peas ^{*^} | Stewed Beans ^{*^} | Stir-Fry Veggies ^{*^} | Pear Slices ^{*^} | Mandarins ^{*^} |
| Cherry tomatoes ^{*^} | Corn ^{*^} | Rice ^{*^} | Sourdough Bread [*] | Edamame ^{*^} |
| Green Beans ^{*^} | Bell Peppers ^{*^} | | | Apples Slices ^{*^} |

Milk is served with lunch everyday.

() vegan*

(^) gluten free