



The Portland Montessori School

May 2025

Toddler, PSP, & PFA Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|------------------|-----------------------|----------------|------------------|
| Chickpea Pesto Pasta *^ | Quesadillas ^ | Red Beans and Rice *^ | Lentil Dahl *^ | Veggie Nuggets * |
| Cherry Tomatoes*^ | Avocado *^ | Sausage * | Naan * | Quinoa Rice *^ |
| Peas *^ | Corn *^ | Collard Greens *^ | Cauliflower *^ | Pears *^ |
| Garlic Bread * | Refried Beans *^ | Carrots *^ | Green Beans *^ | Clementines *^ |

Milk is served with lunch everyday.

() vegan*

(^) gluten free