



# The Portland Montessori School

November 2024

## Toddler, PSP, & PFA Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Pesto Pasta <sup>^</sup>	Quesadillas <sup>^</sup>	Teriyaki Tofu <sup>*^</sup>	Potato Leek Soup w/Beans <sup>*^</sup>	Veggie Pizza
Peas <sup>*^</sup>	Stewed Beans <sup>*^</sup>			Mandarins <sup>*^</sup>
Cherry tomatoes <sup>*^</sup>	Corn <sup>*^</sup>	Stir-Fry Veggies <sup>*^</sup>	Roasted Brussels Sprouts <sup>*^</sup>	Edamame <sup>*^</sup>
Roasted White Beans <sup>*^</sup>	Bell Peppers <sup>*^</sup>	Rice <sup>*^</sup>	Sourdough Bread <sup>*</sup>	Apples Slices <sup>*^</sup>

*Milk is served with lunch everyday.*

*(\*) vegan*

*(^) gluten free*