

April 2025

Guidepost Montessori

LUNCH & SNACK MENU

GF – Gluten Free		DF – Dairy Free		V – Vegetarian		EF– Egg free	
	1 Tacos DF EF Rice GF DF V EF Beans GF DF V EF Fruit *Bean	2 Roast Pork Broccoli DF GF V EF Mac N Cheese V EF Fruit *Field Roast	3 Tomato Soup GF DF V EF Hot Turkey Sandwich EF Fruit *Tofurkey	4 Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit			
7 Chicken DF EF Broccoli GF DF V EF Quinoa GF DF V EF Fruit *Mushroom	8 Cheese Enchiladas V EF Rice & Beans GF DF V EF Fruit	9 Waffles V DF Sausage GF DF EF Hashbrowns fruit	10 Turkey Meatloaf Mashed Potatoes GF V EF Green Beans GF DF V EF Fruit *Tofurkey Loaf	11 BBQ Brisket Sandwich EF Tater Tots GF DF V EF Coleslaw GF DF V EF Fruit *Jackfruit			
14 Swedish Meatballs Mashed Potatoes V GF EF Peas GF DF V EF Fruit *Tofu Stew	15 Chicken Quesadillas EF Guacamole Salad GF DF V EF Fruit *Cheese	16 Falafel GF DF V Hummus GF DF V EF Tomatoes & Cucumbers Fruit	17 Veggie Soup GF EF Grilled Cheese EF V Fruit	18 Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit			
21 Pasta with Meat sauce DF Broccoli GF DF V EF Fruit *Marinara	22 Bean & Cheese Taco V EF Guacamole Salad GF DF V EF Fruit	23 Baked Chicken GF DF EF Buttered Noodles V EF Zucchini GF DF V EF Fruit *Baked Mushroom	24 Pork Stir Fry GF DF EF Rice GF DF V EF Egg Roll DF V Fruit *Veggie	25 Fish Sticks DF Mac N Cheese V Peas GF DF V EF Fruit *Veggie Sticks			
28 King Ranch Chicken GF EF Cornbread V Fruit *Tofu	29 Soft Beef Tacos DF EF Rice GF DF V EF Beans GF DF V EF Fruit *Bean	30 Cheese Ravioli V Broccoli GF DF V EF Fruit					