

June 2025

Guidepost Montessori

LUNCH & SNACK MENU

GF – Gluten Free		DF – Dairy Free		V – Vegetarian		EF– Egg free				
2	Turkey Chili stew Rice GF DF V EF Fruit *Tofu	3	Bean & Cheese Taco V EF Rice GF DF V EF Fruit	4	Pancakes DF Bacon GF DF EF Hashbrowns fruit	5	Beef Stroganoff Buttered Noodles V Peas GF DF V EF Fruit *Tofu	6	Chicken Tenders Mac N Cheese V Green Beans DF V EF Fruit *Chickn	
9	Fish Sticks DF Mashed Potatoes V Peas & Carrots GF DF V EF Fruit *Veggie Sticks	10	Beef soft Tacos EF Rice & Beans GF DF V EF Fruit *Bean	11	Meatballs DF Potato Salad GF DF V EF Tomatoes & Cucumbers Fruit *Veggie Balls	12	Pasta Marinara V Broccoli GF DF V EF Breadstick Fruit	13	Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit	
16	Shepherd’s Pie Fruit *Veggie Shepherd’s Pie	17	Chicken Burrito Bowl DF EF Fruit *Bean	18	Salmon Cakes DF Roast Zucchini GF DF V EF Fruit *Tofu	19	Happy Juneteenth!!!		20	Pulled Pork DF EF Tater Tote GF DF V EF Fruit *Jackfruit
23	Turkey Meatloaf Scalloped Potatoes GF V EF Green Beans GF DF V EF Fruit *Tofurkey Loaf	24	Cheese Enchiladas V EF Rice & Beans GF DF V EF Fruit	25	Orange Chicken DF Veggies GF DF V EF Rice GF DF V EF Fruit *Chickn’	26	Italian Beef GF DF EF Tater Tots DF V EF Veggies DF V Fruit *Veggie	27	Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit	
30	King Ranch Chicken GF Broccoli GF DF V EF Fruit *Veggie Ranch				All Veggies in PM snacks Infants – 2’s will be steamed					