

March 2020



DANCING MOOSE
MONTESSORI SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
2 Monster Smoothies Potato Broccoli Soup Grilled Cheese Peach Bread	3 Blueberry Muffin Bites Spaghetti & Tomato Sauce Side Vegetables Graham Crackers Fresh Fruit	4 Yogurt & Fresh Fruit Homemade Pizza Side Salad Apple Slices Crackers	5 Fresh Fruit & Pretzels Cheese Sandwiches Applesauce, Pickle Orange Slices Crackers	6 Featured Vegan Menu Avocado Toast Minestrone Soup Rolls Apple Granola Bites
9 Apple Slices and Pretzels Chef's Vegetarian Entrée Roasted Red Potatoes w/ Rosemary Orange Slices Crackers	10 Holi Color Celebration Berry Bright Trail Mix Butternut Squash Bowties Side Vegetables Fresh Fruit Graham Crackers	11 Staff Birthday Lunch Strawberry Toast Cheese Enchiladas Corn and Black Bean Salad Carrot Bread	12 Oatmeal Baked Penne Pasta Side Vegetables Hummus Dip Naan	13 Dried Fruit & Pretzels Vegetable Stir Fry Rice Cheddar Cheese Crackers
16 Pretzels and Cookie Dough Hummus Vegetarian Chili Rolls Orange Slices & Crackers	17 St. Patrick's Day Monster Smoothies Chef's Vegetarian Entrée Potato Wedges Rainbow Cookie Bars	18 Yogurt and Granola Vegetarian Sloppy Joe Side Vegetables Graham Crackers Apple Slices	19 Bananas & Graham Crackers Grilled Cheese Carrot Sticks and Broccoli Dried Fruit & Pretzels	20 Featured Vegan Menu Orange Slices & Crackers Spaghetti & Tomato Sauce Side Salad Moose Mix Apple Slices
23 Guacamole and Pita Cheese Quesadillas Corn and Black Bean Salad Cinnamon Apples & Crackers	24 Berry Bright Trail Mix Butternut Squash Bowties Side Vegetables Graham Crackers Fresh Fruit	25 Yogurt & Fresh Fruit Vegetarian BBQ Sandwich Applesauce, Pickle Orange Slices & Crackers	26 Fruit Smoothies Tomato Soup Grilled Cheese Coconut Banana Rounds	27 Cottage cheese with fresh fruit Vegetable Stir Fry Rice Pumpkin Bread
30 Avocado Toast Tortilla Soup Rolls Graham Crackers Orange Slices	31 Cinnamon Apples and Applesauce Chef's Vegetarian Entrée Rice & Vegetables Apple Granola Bites	1 Fruit Smoothies Baked Penne Pasta Side Vegetables Cheddar Cheese Crackers	2 Bananas & Graham Crackers Chef's Vegetarian Entrée Applesauce, Pickle Moose Mix Apple Slices	3 Spring Egg Hunt Cottage cheese with fresh fruit Rainbow Pizza Carrot Sticks and Broccoli Dried Fruit & Pretzels

Hello Dancing Moose Families! We would like to share another snack recipe for you to try at home. This snack is loaded with chia seeds! Chia seeds are high in fiber, protein and will make you feel full after you eat them. Chia seeds can be purchased almost anywhere you buy your food. Try this recipe as a great snack inbetween meals or as a sweet dessert. Recipe for one: 2 Tablespoons Chia Seeds, 1/2 Cup Milk of your choice (we think coconut milk is exceptionally yummy!) Pour all ingredients into a jar or small bowl and mix well. Let sit for 2 minutes then mix again. Cover and store in fridge for at least 30 minutes. When you are ready to eat customize it by topping it with your favorite fresh fruit. We encourage you to try this with your children at home. Enjoy!

Breakfast is available daily from 7am-7:45am. A selection of cereal and milk will be provided. Lunch is served with milk. Vegetarian Options are available.

Executive Chef at Lake Park
Pepe Soberanis