

September 2020



DANCING MOOSE
MONTESSORI SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
31 Fresh Fruit & Pretzels Tortilla Soup Rolls Cheese and Crackers	1 Fruit Smoothies Chef's Vegetarian Entrée Rice, Side Vegetables Graham Crackers Orange Slices	2 Strawberry Toast Spaghetti & Tomato Sauce Side Salad Apple Granola Bites	3 Banana Yogurt Splits Cheese Enchiladas Corn and Black Bean Salad Apple Slices Pretzels	4 Optional School Day Fresh Fruit and Crackers Teriyaki Vegetables Rice Zucchini Bread
7 No School	8 Monster Smoothies Potato Broccoli Soup Rolls Graham Crackers Orange Slices	9 Oatmeal Cheese Quesadillas Corn and Black Bean Salad Cinnamon Apples and Applesauce	10 Trail Mix & Watermelon Butternut Squash Bowties Side Vegetables Banana Bread	11 Banana Yogurt Splits Cheese Sandwiches Apple Slices, Pickle Spear Moose Mix
14 Graham Crackers and Cookie Dough Hummus Chef's Vegetarian Entrée Potato Wedges Dried Fruit & Pretzels	15 Fruit Smoothies Vegetarian Meatless Loaf Mashed Potatoes Cheese and Crackers	16 Yogurt & Fresh Fruit Grilled Cheese Tomato Soup Berry Bright Trail Mix	17 Cinnamon Apples and Applesauce Homemade Pizza Carrot Sticks Bananas & Graham Crackers	18 Featured Vegan Menu Avocado Toast Spaghetti & Tomato Sauce Side Salad Afternoon Snack - Chef's Choice
21 International Peace Day Oatmeal Herb Roasted Vegetables Quinoa Orange Slices & Crackers	22 Monster Smoothies Cauliflower Alfredo Pasta Baby Lettuce Spring Mix Dried Fruit & Pretzels	23 Apple Granola Bites Vegetarian BBQ Sandwich Roasted Potatoes Bananas Graham Crackers	24 Blueberry Muffin Bites Cheese Enchiladas Corn and Black Bean Salad Pumpkin Bread	25 Yogurt & Fresh Fruit Homemade Pizza Side Salad Moose Mix
28 Fruit Smoothies Vegetarian Chili Cornbread Cheese and Crackers	29 Yogurt & Fresh Fruit Cheese Quesadillas Corn and Black Bean Salad Apple Granola Bites	30 Cinnamon Apples and Applesauce Baked Penne Pasta Side Vegetables Fresh Fruit & Pretzels		

As summer wraps up and we say hello to fall, we'd like to share one last recipe for those late summer and early fall tomatoes. You will be excited that we saved the best for last. Here is the recipe for our favorite and mild Pico de Gallo. 2 tomatoes, 1/2 bunch cilantro (leaves and stems), 1/2 yellow onion, 1/2 tsp pink himalayan salt, 1/2 tsp chili powder. To begin, dice your tomatoes and onions and finely chop the cilantro. Add these to a bowl and top with chili powder and salt. Mix together with a spoon and let all the flavors blend together. This pairs especially well with tortilla chips or on top of tacos.
 Pepe Soberanis,
 Executive Chef at Lake Park
 Jason Escobar,
 Executive Chef at River Park