

January 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 New Year's Day
4 Strawberry Toast Butternut Squash Bowties Side Vegetables Dried Fruit & Pretzels	5 Apple Slices and Pita Teriyaki Chicken Rice, Side Vegetables Pumpkin Bread	6 Fruit Smoothies Grilled Cheese Tomato Soup Berry Bright Trail Mix	7 Cheese and Crackers Vegetarian Pasta Salad Apple Granola Bites	8 Yogurt and Granola Homemade Pizza Carrot Sticks Apple Slices Chick Pea Veggie Crisps
11 Fruit Smoothies Chili Cornbread Pita Chips Orange Slices	12 <small>Graham Crackers and Cookie Dough Hummus</small> Herb Roasted Chicken Potato Wedges Dried Fruit & Pretzels	13 Banana Yogurt Splits Cheese Quesadillas Corn and Black Bean Salad Cheese and Crackers	14 Happy Birthday Dancing Moose! Orange Slices & Pita Chips Turkey Sandwiches Apple Slices, Pickle Spear Cocoa Beet Squares	15 Featured Vegan Menu Avocado Toast Penne with Tomato Sauce Side Salad Bananas Pretzels
18 ML King Day - School Closed	19 Oatmeal Herb Roasted Chicken Rice, Side Vegetables Banana Bread	20 Monster Smoothies Potato Broccoli Soup Rolls Moose Mix	21 Build Your Own Parfait Cheese Enchiladas Corn and Black Bean Salad Apple Slices, Crackers	22 Apple Granola Bites Baked Penne Pasta Side Vegetables Cheese and Crackers
25 Apple Cinnamon Pancakes Lemon Chicken Potato Wedges Dried Fruit & Pretzels	26 Banana Yogurt Splits Bolognese Pasta Side Salad Blueberry Muffin Bites	27 Cottage cheese with fresh fruit Teriyaki Chicken Rice, Side Vegetables Banana Bread	28 Fruit Smoothies Grilled Cheese Tomato Soup Berry Bright Trail Mix	29 Optional School Day Apple Slices and Pretzels Homemade Pizza Side Vegetables Graham Crackers & Applesauce

Welcome back Dancing Moose Families!

1 cup greek yogurt
1/2 cup cereal of your choice

Place seran wrap on the bottom of a flat surface that could be placed in the freezer like a plate or small sheet tray. Spread a cup of greek yogurt with the back of a spoon to create a thin layer about 1/4 inch thick. Then top with your favorite cereal and place in the freezer until frozen. About 30 minutes.

Pepe Soberanis,
Executive Chef at Lake Park

Jason Escobar, Executive Chef at River Park