

January 2021



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 New Year's Day |
| 4 Strawberry Toast Butternut Squash Bowties Side Vegetables Dried Fruit & Pretzels | 5 Apple Slices and Pita Vegetable Stir Fry 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 Vegetarian Chili Cornbread Pita Chips Orange Slices | 12 <small>Graham Crackers and Cookie Dough Hummus</small> Chef's Vegetarian Entrée 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 Cheese 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 Chef's Vegetarian Entrée 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 Plant Protein Potato Wedges Dried Fruit & Pretzels | 26 Banana Yogurt Splits Spaghetti & Tomato Sauce Side Salad Blueberry Muffin Bites | 27 Cottage cheese with fresh fruit Vegetable Stir Fry 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 |
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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