



**DANCING
MOOSE**
MONTESSORI SCHOOL

OCTOBER MENU

Zayda Campos, Chef at Lake Park
Pepe Soberanis, Chef at River Park

Monday	Tuesday	Wednesday	Thursday	Friday
27 Yogurt & Fresh Fruit Chicken Noodle Soup Rolls Cheese and Crackers	28 Monster Smoothies Rainbow Pizza Side Vegetables Cheese and Crackers	29 Orange Slices & Pita Chips Cheese Sandwiches Applesauce, Pickle Moose Mix	30 Fruit Smoothies Baked Penne Pasta Side Salad Bananas Pita Chips	1 Oatmeal Chicken Tortilla Soup Rolls Afternoon Snack - Chef's Choice
4 Yogurt and Granola Spaghetti & Meatballs Side Salad Dried Fruit & Pretzels	5 Cottage cheese with fresh fruit Chicken Stir Fry Rice Bananas & Graham Crackers	6 Monster Smoothies Homemade Pizza Side Salad Apple Slices and Pretzels	7 Orange Slices & Crackers Grilled Cheese Applesauce, Pickle Moose Mix	8 Pumpkin Bread Meatloaf Side Vegetables Cheese and Crackers
11 <i>Columbus Day</i> Orange Slices & Pita Chips Turkey Sandwiches Applesauce, Pickle Moose Mix	12 Pancakes Pasta Bolognese Side Salad Apple Slices Chick Pea Veggie Crisps	13 Fruit Smoothies Taco Bar Beans Berry Bright Trail Mix	14 <i>Teacher Lunch</i> Cheese and Crackers Butternut Squash Bowties Side Salad Dried Fruit & Pretzels	15 Yogurt & Fresh Fruit Cheese Enchiladas Fresh Fruit Bananas and Pretzels
18 Strawberry Toast Lemon Chicken Potato Wedges Dried Fruit & Pretzels	19 Berry Bright Trail Mix Cheese Quesadillas Corn and Black Bean Salad Blueberry Muffin Bites	20 Pancakes Sloppy Joe Sandwich Sweet Potato Wedges Apple Slices and Pretzels	21 <i>Fall Break</i>	22 <i>Fall Break</i>
25 Yogurt & Fresh Fruit Chicken Noodle Soup Rolls Cheese and Crackers	26 Monster Smoothies Rainbow Pizza Side Vegetables Cheese and Crackers	27 Orange Slices & Pita Chips Cheese Sandwiches Applesauce, Pickle Moose Mix	28 Fruit Smoothies Baked Penne Pasta Side Salad Bananas Pita Chips	29 Oatmeal Chicken Tortilla Soup Rolls Afternoon Snack - Chef's Choice

Hello Dancing Moose Families! Join us and try a new recipe this month!

Pumpkin Mini Muffins

- 1/2 cup pumpkin puree
- 1 TBSP coconut oil
- 1/4 cup water
- 1/4 cup coconut sugar
- 3/4 cup flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/2 tsp allspice
- 1/4 tsp nutmeg

Warm the water with the coconut oil to melt. Add the pumpkin puree. In a separate bowl combine the remaining ingredients. Add the dry ingredients to the wet ingredients. Stir until combined. Place rounded scoops into a lined or sprayed mini muffin pan. Bake at 400 F for 10 minutes.