



**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 Vegetable 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 Tortilla Soup Rolls Afternoon Snack - Chef's Choice
4 Yogurt and Granola Spaghetti & Tomato Sauce Side Salad Dried Fruit & Pretzels	5 Cottage cheese with fresh fruit Vegetable 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 Quinoa Side Vegetables Cheese and Crackers
11 <i>Columbus Day</i> Orange Slices & Pita Chips Cheese Sandwiches Applesauce, Pickle Moose Mix	12 Pancakes Spaghetti & Tomato Sauce 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 Black Beans & Vegetables Potato Wedges Dried Fruit & Pretzels	19 Berry Bright Trail Mix Cheese Quesadillas Corn and Black Bean Salad Blueberry Muffin Bites	20 Pancakes Vegetarian BBQ Sandwich Sweet Potato Wedges Apple Slices and Pretzels	21 <i>Fall Break</i>	22 <i>Fall Break</i>
25 Yogurt & Fresh Fruit Vegetable 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 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.