



**DANCING  
MOOSE**  
MONTESSORI SCHOOL

**NOVEMBER Menu**  
for our vegetarian friends

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Fruit Smoothies Baked Penne Pasta Side Salad Bananas Pita Chips	<b>2</b> Orange Slices & Crackers Black Beans & Vegetables Cauliflower Mashed Potatoes Apple Slices Chick Pea Veggie Crisps	<b>3</b> Yogurt & Fresh Fruit Vegetarian Sloppy Joe Apples & Carrots Apple Granola Bites	<b>4</b> Apple Cinnamon Pancakes Cauliflower Alfredo Pasta Side Vegetables Tortilla Chips & Salsa	<b>5</b> Oatmeal Vegetarian Chili Rolls Apple Slices and Pita
<b>8</b> Yogurt and Granola Spaghetti & Tomato Sauce Side Salad Dried Fruit & Pretzels	<b>9</b> Cottage cheese with fresh fruit Vegetable Stir Fry Rice Bananas & Graham Crackers	<b>10</b> Orange Slices & Crackers Grilled Cheese Applesauce, Pickle Moose Mix	<b>11</b> <i>Veterans Day/Teacher Lunch</i> Fruit Smoothies Cheese Quesadillas Corn and Black Bean Salad Apple Slices and Pretzels	<b>12</b> Pumpkin Bread Quinoa Side Vegetables Cheese and Crackers
<b>15</b> Orange Slices & Pita Chips Cheese Sandwiches Applesauce, Pickle Moose Mix	<b>16</b> Pancakes Spaghetti & Tomato Sauce Side Salad Apple Slices Chick Pea Veggie Crisps	<b>17</b> Strawberry Toast Black Beans & Vegetables Potato Wedges Dried Fruit & Pretzels	<b>18</b> Cheese and Crackers Butternut Squash Bowties Side Salad Bananas & Graham Crackers	<b>19</b> <i>Optional School Day</i> Yogurt & Fresh Fruit Cheese Enchiladas Fresh Fruit Bananas and Pretzels
<b>22</b> Fruit Smoothies Taco Bar Beans Berry Bright Trail Mix	<b>23</b> <i>Thanksgiving Feast</i> Orange Slices & Crackers Roasted Turkey Mashed Potatoes Pumpkin Pie	<b>24</b> <i>Childcare Day</i> Yogurt & Fresh Fruit Baked Penne Pasta Side Salad Bananas Pita Chips	<b>25</b>	<b>26</b>
<b>29</b> Yogurt & Fresh Fruit Vegetable Soup Rolls Cheese and Crackers	<b>30</b> Monster Smoothies Rainbow Pizza Side Vegetables Apple Slices and Pretzels	<b>1</b> Orange Slices & Pita Chips Cheese Sandwiches Applesauce, Pickle Moose Mix	<b>2</b> Oatmeal Tortilla Soup Rolls Afternoon Snack - Chef's Choice	<b>3</b> Fruit Smoothies Vegetarian BBQ Sandwich Sweet Potato Wedges Bananas Pita Chips

Hello Dancing Moose Families! Join us and try a new recipe for Thanksgiving this year!

Have you tried making your own cranberry sauce before? You should! Skip the can this year and let your kids help make this recipe. All ingredients are placed in a pot and then cooked on the stove.

Cranberry & Pear Sauce

- 3 cups of fresh cranberries
- 2 chopped pears
- 1 cinnamon stick or 1 tsp ground cinnamon
- 1/2 teaspoon nutmeg
- 1 cup of sugar
- 1/2 cup of water

Combine all ingredients in a pot. Stir and place on the stove. Boil until most of the cranberries have popped. Serve warm or cold.