



**DANCING
MOOSE**
MONTESSORI SCHOOL

JANUARY MENU - VEGETARIAN

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Yogurt and Granola Cheese Enchiladas Corn and Black Bean Salad Moose Mix	4 Apple Granola Bites Vegetable Soup Rolls Dried Fruit & Pretzels	5 Apple Cinnamon Pancakes Grilled Cheese Applesauce, Pickle Berry Bright Trail Mix	6 Fruit Smoothies Vegetable Stir Fry Rice Apple Slices Chick Pea Veggie Crisps	7 Apple Slices and Pretzels Taco Bar Beans Cheese and Crackers
10 Strawberry Toast Lentils & Vegetables Potato Wedges Blueberry Muffin Bites	11 Pancakes Cheese Quesadillas Corn and Black Bean Salad Orange Slices Pretzels	12 Berry Bright Trail Mix Spaghetti & Tomato Sauce Side Salad Bananas & Graham Crackers	13 <i>Teacher Lunch</i> Yogurt & Fresh Fruit Vegetarian Chili Tortilla Chips Cheese and Crackers	14 Fruit Smoothies Sloppy Joe Sandwich Sweet Potato Wedges Apple Slices and Pretzels
17 Oatmeal Spaghetti & Tomato Sauce Side Salad Bananas Pita Chips	18 Banana Oatmeal Grilled Cheese Applesauce, Pickle Moose Mix	19 Yogurt & Fresh Fruit Vegetable Soup Rolls Orange Slices & Crackers	20 Cottage cheese with fresh fruit Butternut Squash Bowties Side Vegetables Cheese and Crackers	21 Fruit Smoothies Homemade Pizza Side Vegetables Apple Slices and Pretzels
24 Yogurt & Fresh Fruit Quinoa Mashed Potatoes Orange Slices Pretzels	25 Build Your Own Parfait Bowties & Tomato Sauce Side Salad Apple Slices and Pita	26 Smoothies Vegetarian Soup Rolls Tortilla Chips & Salsa	27 Yogurt & Fresh Fruit Vegetarian BBQ Sandwich Carrot Sticks and Broccoli Afternoon Snack - Chef's Choice	28 Orange Slices & Crackers Black Beans & Vegetables Cauliflower Mashed Potatoes Bananas Chick Pea Veggie Crisps

Hello Dancing Moose Families and Happy New Year! Join us and try a new recipe this month! Skillet Cookie - Gluten Free, Dairy Free, Refined Sugar Free

- 3 tablespoons coconut oil or butter
- 6 tablespoons honey
- 1 egg
- 1 cup old fashioned oats
- 1/2 cup chocolate chips
- pinch salt
- 4 tablespoons jam
- 4 tablespoons peanut or almond butter

Grind your oats in a food processor or blender. In a bowl add the oat flour, coconut oil, honey, egg and salt. Stir in the chocolate chips!

Spread the batter into a parchment lined 8 inch skillet or pie pan. Then dollop the jam and nut butter on top alternating them around the cookie, then use the end of spoon to swirl.

Bake 20-30 mins at 350 F or until just firm to the touch.