



**DANCING
MOOSE**
MONTESSORI SCHOOL

JANUARY MENU

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

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