



**DANCING  
MOOSE**  
MONTESSORI SCHOOL

**MAY MENU - VEGETARIAN**

Hugo Posso, Chef at River Park Campus  
Zayda Campos, Chef at Garden Campus  
Pepe Soberanis, Chef at Museum Campus

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Yogurt & Fresh Fruit Quinoa Side Vegetables Orange Slices Pretzels	<b>3</b> Pancakes Tortilla Soup Rolls Dried Fruit & Pretzels	<b>4</b> <i>Cinco de Mayo</i> Smoothies Cheese Quesadillas Corn and Black Bean Salad Tortilla Chips & Salsa	<b>5</b> Strawberry Toast Vegetable Stir Fry Rice Apple Slices Chick Pea Veggie Crisps	<b>6</b> Rice Pudding Lasagna Side Salad Cheese and Crackers
<b>9</b> Orange Slices & Crackers Cheese Quesadillas Corn and Black Bean Salad Orange Slices Graham Crackers	<b>10</b> Yogurt and Granola Baked Penne Pasta Side Salad Dried Fruit & Pretzels	<b>11</b> Blueberry Bread Cheese Enchiladas Corn and Black Bean Salad Moose Mix	<b>12</b> <i>Teacher Lunch</i> Oatmeal Cheese Sandwiches Applesauce Fresh Fruit Pita Chips	<b>13</b> Cinnamon Rolls Homemade Pizza Side Salad Cheese and Crackers
<b>16</b> French Toast with Jelly Quinoa Potato Wedges Dried Fruit & Pretzels	<b>17</b> Rice Pudding Grilled Cheese Applesauce, Pickle Apple Granola Bites	<b>18</b> Bery Bright Trail Mix Spaghetti & Tomato Sauce Side Salad Bananas & Graham Crackers	<b>19</b> Yogurt & Fresh Fruit Broccoli Cream Soup Rolls Cheese and Crackers	<b>20</b> Fruit Smoothies Teriyaki Vegetables Rice Apple Slices and Pretzels
<b>23</b> Yogurt & Fresh Fruit Homemade Pizza Side Vegetables Orange Slices & Crackers	<b>24</b> Strawberry Toast Cheese Enchiladas Corn and Black Bean Salad Bananas Pita Chips	<b>25</b> Oatmeal Grilled Cheese Applesauce, Pickle Moose Mix	<b>26</b> Cottage cheese with fresh fruit Butternut Squash Bowties Side Vegetables Cheese and Crackers	<b>27</b> Fruit Smoothies Vegetable Stir Fry Rice Apple Slices and Pretzels
<b>30</b> <i>Memorial Day</i>	<b>31</b> Pancakes Cheese Sandwiches Applesauce Fresh Fruit Graham Crackers	<b>1</b> Smoothies Vegetarian Chili Rolls Cinnamon Apples & Crackers	<b>2</b> Yogurt & Fresh Fruit Vegetarian BBQ Sandwich Carrot Sticks and Broccoli Afternoon Snack - Chef's Choice	<b>3</b> Fresh Fruit & Pretzels Spaghetti & Tomato Sauce Side Salad Bananas Chick Pea Veggie Crisps



Happy May! The weather is slowing getting warmer and we want to share one of our smoothie recipes with you and your family.

**Orange Banana Smoothie**

- 1 frozen banana
- 1/2 orange, peeled and chopped
- 1/3 cup greek yogurt
- 1/4 cup milk or milk alternative
- 1 teaspoon honey

Combine all ingredients in a blender and blend until the orange and banana are fully incorporated.