



**DANCING  
MOOSE**  
MONTESSORI SCHOOL

**JUNE MENU - VEGETARIAN**

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



Monday	Tuesday	Wednesday	Thursday	Friday
30 NO SCHOOL	31 Pancakes Tortilla Soup Rolls Dried Fruit & Pretzels	1 Smoothies Cheese Quesadillas Corn and Black Bean Salad Pita Chips Cheese	2 Bananas Vegetable Stir Fry Rice Apple Slices Chick Pea Veggie Crisps	3 Apple Slices and Pretzels Lasagna Side Salad Cheese and Crackers
6 Orange Slices & Crackers Cheese Quesadillas Corn and Black Bean Salad Tortilla Chips & Salsa	7 <b>Preschool Graduation</b> Banana Oatmeal Vegetarian Chili Rolls Dried Fruit & Pretzels	8 Apple Slices and Pretzels Cheese Enchiladas Corn and Black Bean Salad Moose Mix	9 <small>Last Day Of School Year/Teacher Lunch</small> Banana Yogurt Splits Cheese Sandwiches Applesauce Chex Mix - Traditional	10 NO SCHOOL
13 NO SCHOOL	14 <b>First Day of Summer</b> Rice Pudding Grilled Cheese Applesauce, Pickle Blueberry Muffin Bites	15 Berry Bright Trail Mix Spaghetti & Tomato Sauce Side Salad Bananas & Graham Crackers	16 Yogurt & Fresh Fruit Broccoli Cream Soup Rolls Cheese and Crackers	17 Fruit Smoothies Teriyaki Vegetables Rice Apple Slices and Pretzels
20 Oatmeal Grilled Cheese Applesauce, Pickle Moose Mix	21 Strawberry Toast Vegetable Soup Rolls Bananas Pita Chips	22 Yogurt & Fresh Fruit Homemade Pizza Side Vegetables Orange Slices & Crackers	23 Cottage cheese with fresh fruit Butternut Squash Bowties Side Vegetables Cheese and Crackers	24 Fruit Smoothies Vegetable Stir Fry Rice Apple Slices and Pretzels
27 Orange Slices & Crackers Cheese Quesadillas Corn and Black Bean Salad Tortilla Chips & Salsa	28 Banana Bread Bowties & Tomato Sauce Side Salad Apple Slices and Pita	29 Smoothies Vegetarian Chili Rolls Cinnamon Apples & Crackers	30 Yogurt & Fresh Fruit Vegetarian BBQ Sandwich Carrot Sticks and Broccoli Afternoon Snack - Chef's Choice	31 Apple Slices and Pretzels Bolognese Pasta Rice Bananas Chick Pea Veggie Crisps

We love sharing healthy recipes for you and your family to try! Take a picture of your creation and tag us on social media @MyDancingMoose

Banana Swirl  
3 frozen bananas

Blend frozen bananas in the blender or food processor. Spoon into a bowl and enjoy. This should be the consistency of ice cream. If it is not, add some milk or milk substitute.

We'd also recommend adding some mix ins. We love peanut butter, mini chocolate chips or fresh mint leaves.

