



**DANCING
MOOSE**
MONTESSORI SCHOOL

SEPTEMBER VEGETARIAN MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bananas & Grhm Crackers Homemade Pizza Mixed Salad Pita Chips w/Cheese	2 Orange Slices & Crackers Broccoli Cream Soup Rolls Chex Mix and Dried Fruit
5 NO SCHOOL	6 Applesauce & Grhm Crackers Torellini Soup Rolls Granolla	7 Rice Pudding with Raisins Mexican Rice and Veggies Fresh Fruit & Pretzels	8 Yogurt & Fresh Fruit Veggie Burgers Potatoes Tortilla Chips & Salsa	9 Smoothies Cheese Quesadillas Corn and Black Bean Salad ChickPea Veg Crisps & Apples
12 Oatmeal with Fruit Grilled Cheese Sandwhich Potatoes Moose Mix	13 Apple Slices & Crackers Spaghetti Marinara Mixed Salad Dried Fruit & Pretzels	14 Cinnamon Bread with Fruit Chili Bowls Rolls Fruit and Crackers	15 Teacher Lunch Yogurt & Fresh Fruit Cheese Quesadillas Corn and Black Bean Salad Tortilla Chips & Salsa	16 Banana Pudding & Crackers Noodle Soup Rolls NO SNACK - Teacher Prep Day, parents pick-up early
19 Back o School Week Pancakes with Fruit Impossible Meat Mashed Potatoes and Veggies Cinnamon Apples & Crackers	20 Yogurt & Fresh Fruit Homemade Pizza Mixed Salad Pita Chips w/Cheese	21 Smoothies Vegetarian Stirfry Rice and Veggies Orange Slices & Crackers	22 Fruit and Crackers Spaghetti Marinara Mixed Salad ChickPea Veg Crisps & Apples	23 Bananas & Graham Crackers Cheese Sandwiches Applesauce and Pickles Chex Mix and Dried Fruit
26 Fruit and Crackers Mac & Cheese Vegetables Orange Slices & Crackers	27 Apple Slices & Crackers Impossible Meat Rice Pita Chips w/Cheese	28 Apple Granola Bites Mexican Rice and Veggies Mashed Potatoes and Veggies Fruit and Crackers	29 Cinnamon Apples & Crackers Cheese Quesadillas Corn and Bean Salad Orange Slices & Crackers	30 Applesauce & Grhm Crackers Tortilla Soup Rolls Chex Mix and Dried Fruit