



April 2024

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

- Picky for a purpose -

Fresh, organic, non-GMO when possible & no artificial sweeteners, preservatives or colors

Monday	Tuesday	Wednesday	Thursday	Friday
AM: 1 Toast 🌿 Cucumbers LUNCH: Spiced Chickpeas 🍲🥥 Barley 🌿 Corn 🍷 Broccoli PM: Cheese & Melon	AM: 2 Maple Muffins 🍷🥥🌿 Sunbutter 🍷 LUNCH: Lentil Curry 🍲🥥 Rice 🌿 Cabbage PM: Apples 🍷 Triscuits 🌿	AM: 3 Scrambled Eggs Tortillas 🌿 LUNCH: Chicken Alfredo 🍲🥥 Peas Potatoes PM: Bananas 🍷 Granola 🍷🥥🌿	AM: 4 Yogurt 🍷 Peaches LUNCH: Black Bean Burgers 🍲🥥🌿 Green Beans Cauliflower PM: Carrots 🍷 Rice Cakes	AM: 5 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
AM: 8 Yogurt 🍷 Peaches LUNCH: Mung Bean Salad 🍲🥥 Broccoli Rice 🌿 PM: Carrots 🍷 Pineapple	AM: 9 Scrambled Eggs Bell Peppers LUNCH: Chickpea Salad Sandwich 🍲🥥🌿 Sweet Potatoes Fries 🍷 Peas PM: Olives Oranges	AM: 10 Oatmeal 🍷🌿 Berries LUNCH: Beans & Quinoa 🍲🌿 Cabbage Cauliflower PM: Cheese Crackers	AM: 11 Turkey Meatballs 🍷 Cucumbers LUNCH: Lebanese Lentils 🍲🥥 Tortillas 🌿 Green Beans & Corn 🍷	AM: 12 Chef's Special!
AM: 15 Cottage Cheese 🍷 Peaches LUNCH: Chicken Noodle Soup 🍲 Tomatoes Peas PM: Cucumbers Oranges	AM: 16 Apples 🍷 Oatmeal 🍷🌿 LUNCH: Scrambled Eggs Quinoa & Corn 🍲🌿 Green Beans PM: Cheese Toast 🌿	AM: 17 Sunbutter 🍷 Pancakes 🍷🥥🌿 LUNCH: Chickpea Curry 🍲🥥 Broccoli Rice 🌿 PM: Bananas 🍷 Granola 🍷🥥🌿	AM: 18 Bean Dip 🍲🥥 Tortilla Chips 🍷🌿 LUNCH: Lentil Barley Pilaf 🍲🌿 Cabbage Cauliflower PM: Carrots 🍷 Apples 🍷	AM: 19 Chef's Special!
AM: 22 Yogurt 🍷 Pineapple LUNCH: Split Pea Corn Salad 🍲🥥 Quinoa 🌿 Purple Cabbage PM: Triscuits 🌿 Oranges	AM: 23 Sweet Hummus 🍲🥥 Apples 🍷 LUNCH: Mexican Rice & Beans 🍲🥥🌿 Tomatoes Broccoli PM: Melons Tortillas 🌿	AM: 24 Turkey Meatballs 🍷 Bell Peppers LUNCH: Lentil Pasta 🍲🥥 Cauliflower Peas PM: Bananas 🍷 Carrots 🍷	AM: 25 Granola 🍷🥥🌿 Berries LUNCH: Egg Salad Sandwiches 🍲🥥🌿 Green Beans Potatoes PM: Cucumbers Oranges	AM: 26 Chef's Special!
AM: 29 Yogurt 🍷 Apples 🍷 LUNCH: Chicken Rice 🍲🌿 Peas Cabbage PM: Olives Toast 🌿	AM: 30 White Bean Dip 🍲🥥 Bell Peppers LUNCH: Mac N' Cheese 🍲 Green Beans Pineapple PM: Oranges Crackers	AM: May 1 Boiled Eggs Carrots 🍷 LUNCH: Chickpea Paprikash 🍲🥥 Corn 🍷 Broccoli PM: Cucumbers Pears	AM: 2 Sunbutter 🍷 Muffins 🍷🥥🌿 LUNCH: Lentils 🍲 Quinoa 🌿 Tomatoes Zucchini PM: Bananas 🍷 Granola 🍷🥥🌿	Key: 🍷 = Made with most or all organic ingredients 🌿 = Whole Grain 🍲 = Homemade 🥥 *Organic milk is offered at lunch to all ages over 1