



# February 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	
<p>Key:</p> <p> = Made with most or all organic ingredients</p> <p> = Whole Grain</p> <p> = Homemade</p> <p> *Organic milk is offered at lunch to all ages over 1</p>			<p><b>AM:</b> 1</p> <p>Bananas </p> <p>Cinnamon Muffins  </p> <p><b>LUNCH:</b></p> <p>Chicken Noodle Soup  </p> <p>Green Beans</p> <p>Potatoes</p> <p><b>PM:</b></p> <p>Cheese</p> <p>Oranges</p>	2	<p>Chef's Special!</p> <p>To help reduce food waste we use Fridays to serve food we have left from the week!</p>
<p><b>AM:</b> 5</p> <p>Cottage Cheese </p> <p>Peaches</p> <p><b>LUNCH:</b></p> <p>Sloppy Lentils   </p> <p>Peas</p> <p>Cauliflower</p> <p><b>PM:</b></p> <p>Cucumbers</p> <p>Pineapple</p>	<p><b>AM:</b> 6</p> <p>Hummus  </p> <p>Bell Peppers</p> <p><b>LUNCH:</b></p> <p>Split Pea Corn Salad   </p> <p>Quinoa </p> <p>Green Beans</p> <p><b>PM:</b></p> <p>Apples </p> <p>Triscuits </p>	<p><b>AM:</b> 7</p> <p>Scrambled Eggs</p> <p>Toast </p> <p><b>LUNCH:</b></p> <p>Rice &amp; Pinto Beans  </p> <p>Green Cabbage </p> <p>Salsa </p> <p><b>PM:</b></p> <p>Oranges</p> <p>Granola  </p>	<p><b>AM:</b> 8</p> <p>Turkey Meatballs </p> <p>Tortillas </p> <p><b>LUNCH:</b></p> <p>Broccoli Cheese Soup </p> <p>Barley </p> <p>Potatoes</p> <p><b>PM:</b></p> <p>Bananas </p> <p>Maple Muffins  </p>	9	<p>Chef's Special!</p>
<p><b>AM:</b> 12</p> <p>Yogurt </p> <p>Pears</p> <p><b>LUNCH:</b></p> <p>Chickpea Curry  </p> <p>Rice </p> <p>Green Beans</p> <p><b>PM:</b></p> <p>Orange Muffins  </p> <p>Oranges</p>	<p><b>AM:</b> 13</p> <p>Pineapples</p> <p>Oatmeal  </p> <p><b>LUNCH:</b></p> <p>Pancakes   </p> <p>Sunbutter </p> <p>Potatoes</p> <p>Berries</p> <p><b>PM:</b></p> <p>Cheese &amp; Cucumbers</p>	<p><b>AM:</b> 14</p> <p>Scrambled Eggs</p> <p>Tortillas </p> <p><b>LUNCH:</b></p> <p>Chicken Alfredo </p> <p>Peas</p> <p>Mushrooms</p> <p><b>PM:</b></p> <p>Bananas </p> <p>Rice Cakes</p>	<p><b>AM:</b> 15</p> <p>Bean Dip  </p> <p>Carrots </p> <p><b>LUNCH:</b></p> <p>Veggie Lentil Soup   </p> <p>Barley  </p> <p>Broccoli</p> <p><b>PM:</b></p> <p>Peaches</p> <p>Toast </p>	16	<p>Chef's Special!</p>
<p><b>AM:</b> 19</p> <p>Cottage Cheese </p> <p>Pears</p> <p><b>LUNCH:</b></p> <p>Enchilada Casserole   </p> <p>Peas</p> <p>Cauliflower</p> <p><b>PM:</b></p> <p>Olives</p> <p>Oranges</p>	<p><b>AM:</b> 20</p> <p>Turkey Meatballs </p> <p>Bell Peppers</p> <p><b>LUNCH:</b></p> <p>Lentil Pasta  </p> <p>Potatoes</p> <p>Zucchini</p> <p><b>PM:</b></p> <p>Apples </p> <p>Triscuits </p>	<p><b>AM:</b> 21</p> <p>Hummus  </p> <p>Carrots </p> <p><b>LUNCH:</b></p> <p>Split Pea Barley Soup   </p> <p>Purple Cabbage</p> <p>Broccoli</p> <p><b>PM:</b></p> <p>Bananas </p> <p>Muffins  </p>	<p><b>AM:</b> 22</p> <p>Oatmeal  </p> <p>Peaches</p> <p><b>LUNCH:</b></p> <p>Egg Salad Sandwiches  </p> <p>Green Beans</p> <p>Corn </p> <p><b>PM:</b></p> <p>Cheese</p> <p>Cucumbers</p>	23	<p>Chef's Special!</p>
<p><b>AM:</b> 26</p> <p>Yogurt </p> <p>Pineapple</p> <p><b>LUNCH:</b></p> <p>Khao Mun Gai   </p> <p>(chicken &amp; rice dish)</p> <p>Corn </p> <p>Green Cabbage</p> <p><b>PM:</b></p> <p>Apples </p> <p>Triscuits </p>	<p><b>AM:</b> 27</p> <p>White Bean Dip  </p> <p>Bell Peppers</p> <p><b>LUNCH:</b></p> <p>Lentil Curry  </p> <p>Barley </p> <p>Potatoes</p> <p>Green Beans</p> <p><b>PM:</b></p> <p>Carrots </p> <p>Bananas </p>	<p><b>AM:</b> 28</p> <p>Scrambled Eggs</p> <p>Tortillas </p> <p><b>LUNCH:</b></p> <p>Mac N' Cheese </p> <p>Cauliflower</p> <p>Peas</p> <p><b>PM:</b></p> <p>Cucumbers</p> <p>Oranges</p>	<p><b>AM:</b> 29</p> <p>Sunbutter </p> <p>Cinnamon Muffins  </p> <p><b>LUNCH:</b></p> <p>Chickpea Salad  </p> <p>Bread </p> <p>Broccoli</p> <p>Bell Peppers</p> <p><b>PM:</b></p> <p>Pears</p> <p>Rice Cakes</p>	Mar 1	<p>Chef's Special!</p>