





November 2023

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Family Recipes are highlighted in green on our menu. Submit yours to parksidekitchen20@gmail.com!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | 1 AM: Pancakes & Sunbutter LUNCH: Black Beans, Pasta, Broccoli & Carrots PM: Cucumbers & Rice Cakes | 2 AM: Bean Dip & Bell Peppers LUNCH: Homemade Cheese Pizza, Peas & Pineapple PM: Bananas & Toast | 3 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week! |
| 6 AM: Yogurt & Pears LUNCH: Spinach-Tomato Soup w/ Barley, Grilled Cheese Sandwiches & Green beans PM: Oranges & Crackers | 7 AM: Homemade Bean Dip & Carrots LUNCH: Sloppy Joe Lentils, Cucumbers & Cabbage PM: Baked Apples & Graham Crackers | 8 AM: Scrambled Eggs & Peaches LUNCH: Chickpea Salad, Bread, Cranberry Sauce & Broccoli PM: Olives & Rice Cakes | 9 AM: Homemade Muffins & Bananas LUNCH: Chicken Alfredo, Sweet Potatoes & Peas PM: Carrots & Sunbutter | 10 Chef's Special! |
| 13 AM: Cottage Cheese & Apples LUNCH: Pumpkin Lentils, Rice, Mushrooms & Broccoli PM: Peaches & Tortillas | 14 AM: Sunbutter & Toast LUNCH: Homemade Mac-N-Cheese, Roasted Carrots & Green Bell Peppers PM: Pineapple & Cucumbers | 15 AM: Turkey Meatballs & Salsa LUNCH: Eggplant Curry, Peas & Quinoa PM: Oranges & Triscuits | 16 AM: Homemade Bean Dip & Tortillas LUNCH: Egg Salad, Bread, Green Cabbage & Mashed Potatoes PM: Bananas & Granola | 17 Chef's Special! |
| 20 AM: Dill Yogurt & Cucumbers LUNCH: Three Sisters Soup (squash, beans, corn), Rice & Sweet Potatoes PM: Oranges & Graham Crackers | 21 AM: Scrambled Eggs & Bell Peppers LUNCH: Mushroom Pasta, Broccoli & Spiced Chickpeas PM: Baked Apples & Crackers | 22 AM: Homemade Muffins & Bananas LUNCH: Chicken Salad, Bread, Cranberry Sauce & Peas PM: Cheese & Olives | 23 CLOSED FOR THANKSGIVING BREAK  | 24 CLOSED FOR THANKSGIVING BREAK  |
| 27 AM: Cottage Cheese & Peaches LUNCH: Pumpkin Alfredo, Peas & Black Beans PM: Pears & Triscuits | 28 AM: Oatmeal & Berries LUNCH: Chickpea Curry, Quinoa & Broccoli PM: Grapes & Cheese | 29 AM: Pancakes & Sunbutter LUNCH: Taco Lentils, Rice, Green Beans & Carrots PM: Oranges & Cucumbers | 30 AM: Turkey Meatballs & Tortillas LUNCH: Deviled Eggs, Mashed Potatoes, Bread & Cabbage PM: Bananas & Granola | Dec 1 Chef's Special! |

Fresh, organic and non-GMO when possible - picky for a purpose.

We choose ingredients without artificial sweeteners, preservatives or colors.