



# November 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:   = Made with most or all organic ingredients   = Whole Grain   = Homemade   *Organic milk is offered at lunch to all ages over 1</p>				<p>1</p> <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>4</p> <p><b>AM:</b> Oatmeal   Peaches</p> <p><b>LUNCH:</b> Sweet Potatoes Black Beans  Quinoa   Broccoli</p> <p><b>PM:</b> Cheese &amp; Rice Cakes </p>	<p>5</p> <p><b>AM:</b> Eggs Toast </p> <p><b>LUNCH:</b> Chicken Alfredo  Cauliflower Green Beans</p> <p><b>PM:</b> Seasoned Cucumbers Oranges</p>	<p>Nat'l Nacho Day 6</p> <p><b>AM:</b> Sunbutter  Apples </p> <p><b>LUNCH:</b> Lentil Nachos    (taco lentils &amp; homemade tortilla chips) Salsa  Lettuce</p> <p><b>PM:</b> Bananas  &amp; Granola   </p>	<p>7</p> <p><b>AM:</b> Yogurt  Berries</p> <p><b>LUNCH:</b> Chickpea-Pumpkin Curry   Peas Rice  </p> <p><b>PM:</b> Triscuits  Carrots </p>	<p>8</p> <p>Chef's Special!</p>
<p>11</p> <p><b>AM:</b> Eggs Tortillas </p> <p><b>LUNCH:</b> Poutine  (potatoes, cheese &amp; gravy) Peas Quinoa  </p> <p><b>PM:</b> Bananas  Triscuits </p>	<p>12</p> <p><b>AM:</b> Cottage Cheese  Bell Peppers</p> <p><b>LUNCH:</b> Misir Wot    (red lentils &amp; rice) Broccoli Corn </p> <p><b>PM:</b> Crackers Applesauce  </p>	<p>13</p> <p><b>AM:</b> Turkey Meatballs  Oranges</p> <p><b>LUNCH:</b> Chickpea Salad   Bread  Green Beans Cauliflower</p> <p><b>PM:</b> Carrots  Berries</p>	<p>Nat'l Pickle Day 14</p> <p><b>AM:</b> Oatmeal   Peaches</p> <p><b>LUNCH:</b> Mushroom Orzo  Squash White Beans </p> <p><b>PM:</b> Pickles  Cheese</p>	<p>America Recycles Day 15</p> <p>Chef's Special!</p>
<p>18</p> <p><b>AM:</b> Sweet Hummus   Apples </p> <p><b>LUNCH:</b>  Huevos Pericos Poteca de Ahuyama Arroz Con Coco  (eggs, tomatoes, squash, rice)</p> <p><b>PM:</b> Oranges &amp; Bell Peppers</p>	<p>19</p> <p><b>AM:</b> Yogurt  Cucumbers</p> <p><b>LUNCH:</b> Cheese Pizza    Green Beans &amp; Olives</p> <p><b>PM:</b> Pineapple Triscuits </p>	<p>20</p> <p><b>AM:</b> Pumpkin Muffins    Sunbutter </p> <p><b>LUNCH:</b> Bean Goulash  Peas &amp; Cabbage</p> <p><b>PM:</b> Bananas  Granola   </p>	<p>21</p> <p><b>AM:</b> Red Lentil Dip  Tortilla Chips </p> <p><b>LUNCH:</b> Chicken Salad Sandwiches   Cranberry Sauce  Mashed Potatoes </p> <p><b>PM:</b> Crackers &amp; Carrots </p>	<p>22</p> <p>Chef's Special!</p>
<p>Nat'l Parfait Day 25</p> <p><b>AM:</b> Yogurt &amp; Granola Topper  Peaches</p> <p><b>LUNCH:</b> Chili   Cornbread   Green Beans</p> <p><b>PM:</b> Bell Peppers &amp; Crackers</p>	<p>26</p> <p><b>AM:</b> Baked Apples   Sunbutter </p> <p><b>LUNCH:</b> Grilled Cheese Sandwiches  Barley Tomato Soup    Peas</p> <p><b>PM:</b> Bananas  Granola   </p>	<p>27</p> <p><b>AM:</b> Chef's Special</p> <p><b>LUNCH:</b> Lentil Shepherds Pie   Tortillas  Brussel Sprouts</p> <p><b>PM:</b> Cranberry Muffins    Apple Cider</p>	<p>28</p> <p><b>CLOSED</b></p> <p><b>HAPPY THANKSGIVING!</b>  </p>	<p>29</p> <p><b>CLOSED</b></p>