PARKSIDE PLAYSCHOOL

September 2026

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
Key: 🫘 = Made with most or all organic ingredients 🌾 = Whole Grain 👩‍🍳 = Homemade 🐄 *Organic milk is offered at lunch to all ages over 1	1 **AM:** Eggs Pineapple **LUNCH:** Chickpea Cucumber Salad🫘👩‍🍳 Bread🫘🌾 & Okra **PM**: Melon Rice Cakes🫘🌾	2 **AM:** Turkey Meatballs👩‍🍳🫘 Bananas🫘 **LUNCH:** Bean Goulash👩‍🍳🫘 Broccoli & Cabbage **PM**: Bell Peppers Tortillas🌾🫘	3 **AM:** Cheese🫘 Berries **LUNCH:** Red Beans🫘 & Spanish Rice🫘🌾 Peas & Cauliflower **PM**: Carrots🫘 Apples🫘	4 Chef's Special!
7 **CLOSED** **FOR** **LABOR DAY**	8 **AM:** Yogurt🫘 Peaches **LUNCH:** Chickpea Curry👩‍🍳🫘 Quinoa🫘🌾 & Broccoli **PM**: Rice Cakes🌾🫘 Carrots🫘	9 **AM:** Eggs Salsa👩‍🍳🫘 **LUNCH:** Bean Corn Salad🫘 Pasta & Peas👩‍🍳 **PM**: Tortillas🌾🫘 Oranges	10 **AM:** Sunbutter🫘 Bell Peppers **LUNCH:** Red Lentils🫘 & Rice🌾🫘 Green Beans & Potatoes **PM**: Granola🌾👩‍🍳🫘 Bananas🫘	11 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
14 **AM:** Eggs Peaches **LUNCH:** Beans🫘 w/ Wild Rice🌾🫘 Mushrooms & Broccoli **PM**: Baked Crackers🌾 Oranges	Natl. Cheese Toast Day 15 **AM:** Cheese🫘 Toast🌾🫘 **LUNCH:** Chicken Lasagna🌾👩‍🍳 Green Beans & Olives **PM**: Cucumbers Bananas🫘	16 **AM:** Cottage Cheese🌾🫘 Bell Peppers **LUNCH:** Revithia👩‍🍳🫘 Quinoa🫘🌾 Okra & Cauliflower **PM**: Granola🌾👩‍🍳🫘 Apples🫘	17 **AM:** Turkey🌾👩‍🍳🫘 Rice Cakes🌾🫘 **LUNCH:** Pumpkin Lentils👩‍🍳🫘 Barley🫘🌾 Peas & Cabbage **PM**: Pineapple Tortillas🌾🫘	18 Chef's Special!
21 **AM:** Yogurt🫘 Bananas🫘 **LUNCH:** Jamaican Curry👩‍🍳🫘 Peas & Quinoa🫘🌾 **PM**: Bread🌾🫘 Carrots🫘	22 **AM:** Cheese🫘 Peaches **LUNCH:** Bean Dip👩‍🍳🫘 Rice🫘🌾 Bell Peppers & Broccoli **PM**: Bell Peppers Oranges	23 **AM:** Sunbutter🫘 Overnight Oats🌾👩‍🍳🫘 **LUNCH:** Sloppy Lentils🌾👩‍🍳🫘 Sweet Potatoes & Corn🌾🫘 **PM**: Apples🫘 Triscuits🌾	24 **AM:** Eggs Tortillas 🌾🫘 **LUNCH:** Chickpea Couscous🌾👩‍🍳🫘 Cabbage & Green Beans **PM**: Rice Cakes🌾🫘 Pickles👩‍🍳	25 Chef's Special!
28 **AM:** Cheese Oatmeal🌾👩‍🍳🫘 **LUNCH:** Pumpkin Alfredo👩‍🍳 White Beans🫘 & Broccoli **PM**: Oranges Bell Peppers	29 **AM:** Eggs Rice🌾 **LUNCH:** Curried Lentils🫘👩‍🍳 Quinoa🫘🌾 Okra & Corn🫘 **PM**: Granola🌾👩‍🍳🫘 Apples🫘	30 **AM:** Turkey👩‍🍳 Tortillas🌾🫘 **LUNCH:** Bean Chili👩‍🍳🫘 Corn Bread Muffin🫘🌾 & Green Beans **PM**: Bananas🫘 Rice Cakes🌾🫘	1 **AM:** Cucumbers Lentil Dip👩‍🍳🫘 **LUNCH:** Cheese Pizza🌾👩‍🍳🫘 Peas & Olives **PM**: Baked Crackers🌾🫘 Carrots🫘	2 Chef's Special!