



# June 2025

## 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
<b>2</b> <b>AM:</b> Yogurt 🍓 Pineapple <b>LUNCH:</b> Spiced Chickpeas 🍓 Quinoa 🍓🌾 Olives & Green Beans <b>PM:</b> Tortillas 🌾 Melon	<b>3</b> <b>AM:</b> Turkey Meatballs 🍓 Bell Peppers <b>LUNCH:</b> Broccoli-Cheddar Soup 🍓 Barley 🍓🌾 Sweet Potatoes <b>PM:</b> Popsicles 🍓 Triscuits 🌾	<b>4</b> <b>AM:</b> Muffins 🍓🍓 Bananas 🍓 <b>LUNCH:</b> Rice 🍓🌾 Beans 🍓 Corn 🍓 Lettuce <b>PM:</b> Cheese & Cucumbers	<b>5</b> <b>AM:</b> Eggs Carrots 🍓 <b>LUNCH:</b> Lentil Pasta 🍓 Cauliflower Peas <b>PM:</b> Oranges Rice Cakes 🌾	<b>6</b> Chef's Special!  To help reduce food waste we use Fridays to serve food we have left from the week!
<b>9</b> <b>AM:</b> Cheese Apples 🍓 <b>LUNCH:</b> Taco Lentils 🍓 Quinoa 🍓🌾 Cabbage & Green Beans <b>PM:</b> Popsicles 🍓 Rice Cakes 🌾	<b>10</b> <b>AM:</b> Eggs & Bell Peppers <b>LUNCH:</b> Chicken Barley 🍓🌾 Broccoli Corn 🍓 <b>PM:</b> Toast 🌾 Oranges	<b>11</b> <b>AM:</b> Yogurt 🍓 Peaches <b>LUNCH:</b> Mac-n-Cheese 🍓 Peas Olives <b>PM:</b> Melon Tortillas 🌾	<b>12</b> <b>AM:</b> Sunbutter 🍓 Granola 🍓🍓 <b>LUNCH:</b> Chickpea-Tomato Salad 🍓🍓 Baked Crackers 🌾 Lettuce <b>PM:</b> Carrots 🍓 Bananas 🍓	<b>13</b> Chef's Special!
<b>16</b> <b>AM:</b> Quinoa Pudding 🍓🌾 Melon <b>LUNCH:</b> Chili Lime Chickpea-Cauliflower Bake 🍓 Lettuce Bread 🌾 <b>PM:</b> Cheese & Triscuits 🌾	<b>17</b> <b>AM:</b> Cottage Cheese Peaches <b>LUNCH:</b> Lemon Zucchini Pasta 🍓 White Beans Potatoes <b>PM:</b> Granola 🍓🌾 Bananas 🍓	<b>18</b> <b>AM:</b> Turkey Meatballs 🍓 Berries <b>LUNCH:</b> Mung Bean-Cabbage Sauté 🍓 Barley 🍓🌾 Corn 🍓 <b>PM:</b> Carrots 🍓 Rice Cakes 🌾	<b>19</b> <b>AM:</b> Pickled Eggs 🍓 Oranges <b>LUNCH:</b> Lentil Veggie Soup 🍓 Rice 🍓🌾 Bell Peppers <b>PM:</b> Chef's Special	<b>20</b> Chef's Special!  <b>PM:</b> Popsicles 🍓 Tortillas 🌾
<b>23</b> <b>AM:</b> Yogurt 🍓 Berries <b>LUNCH:</b> Chicken-Tomato Salad 🍓 Quinoa 🍓🌾 Green Beans <b>PM:</b> Cucumbers Tortillas 🌾	<b>24</b> <b>AM:</b> Pancakes 🍓🌾 Sunbutter 🍓 <b>LUNCH:</b> Lentil Sloppy Joes 🍓🍓 Sweet Potatoes Bell Peppers <b>PM:</b> Apples 🍓 Carrots 🍓	<b>25</b> <b>AM:</b> Eggs Salsa 🍓 <b>LUNCH:</b> White Beans Pasta & Peas Corn 🍓 <b>PM:</b> Popsicles 🍓 Baked Crackers 🌾	<b>26</b> <b>AM:</b> Oatmeal 🍓🌾 Peaches <b>LUNCH:</b> Chickpea Curry 🍓 Rice 🍓🌾 Broccoli <b>PM:</b> Cheese Bananas 🍓	<b>27</b> Chef's Special!
<b>30</b> <b>AM:</b> Eggs & Cucumbers <b>LUNCH:</b> Cheese & Grapes Basil Tomatoes Quinoa 🌾 <b>PM:</b> Oranges Granola 🍓🌾	<b>31</b> 			<b>Key:</b> 🍓 = Made with most or all organic ingredients 🌾 = Whole Grain 🍓🍓 = Homemade 🍓🌾 = *Organic milk is offered at lunch to all ages over 1