



December 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
1 AM: Yogurt 🍓 Peaches LUNCH: Taco Lentils 🍓 🍓 Olives & Broccoli Rice 🍓 🌾 PM: Carrots 🍓 Granola 🍓 🌾 🍓	2 AM: Turkey Meatballs 🍓 Bell Peppers LUNCH: Pumpkin Mac-N-Cheese 🍓 Lettuce Cauliflower PM: Bananas 🍓 Rice Cakes 🌾	3 AM: Scrambled Eggs & Pineapple LUNCH: Black Beans 🍓 Barley 🍓 🌾 Green Beans Cabbage PM: Cucumbers Tortillas 🌾	4 AM: Oranges Oatmeal 🍓 🌾 🍓 LUNCH: Chickpea Curry 🍓 🍓 Peas Quinoa 🍓 🌾 PM: Cheese Triscuits 🌾	5 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
8 AM: Eggs Apples 🍓 LUNCH: White Bean Bake 🍓 🍓 (beans/cheese, spinach/tomatoes) Barley 🍓 🌾 Corn PM: Pineapple & Baked Crackers 🌾	9 AM: Cheese Toast 🌾 LUNCH: Borscht 🍓 (chicken, potato/beets) Rice 🍓 🌾 Broccoli PM: Bell Peppers & Oranges	10 AM: Sunbutter 🍓 Pancakes 🍓 🌾 🍓 LUNCH: Chickpea Paprikish 🍓 🍓 Green Beans Cauliflower PM: Peaches Granola 🍓 🌾 🍓	11 AM: Yogurt 🍓 Bananas 🍓 LUNCH: Pumpkin Lentils 🍓 🍓 Quinoa 🍓 🌾 Cabbage PM: Carrots 🍓 Rice Cakes 🌾	12 Chef's Special!
15 AM: Peaches Oatmeal 🍓 🌾 🍓 LUNCH: Ghormemh Sabzi 🍓 🍓 (Persian Stew: Kidney Beans, Spinach/Mushrooms) Quinoa 🍓 🌾 Cauliflower PM: Cheese & Rice Cakes 🌾	16 AM: Yogurt 🍓 Baked Apples 🍓 LUNCH: Spiced Chickpeas 🍓 Rice 🍓 🌾 Green Beans Corn 🍓 PM: Bell Peppers & Triscuits 🌾	17 AM: Turkey Meatballs 🍓 Tortillas 🌾 LUNCH: Butternut Squash Chili 🍓 🍓 Cornbread 🍓 🌾 🍓 Broccoli PM: Bananas 🍓 Cucumbers	18 AM: Scrambled Eggs Carrots 🍓 LUNCH: Lentil Sloppy Joes 🍓 🌾 🍓 Sweet Potatoes Peas PM: Oranges Granola 🍓 🌾 🍓	19 Chef's Special!
22 AM: Cottage Cheese 🍓 Apples 🍓 LUNCH: Chicken Alfredo 🍓 Broccoli Olives PM: Oranges Tortillas 🌾	23 CLOSED ❄️	24 CLOSED 🎄	25 CLOSED 🎅	26 CLOSED 📺
29 CLOSED 💚	30 CLOSED ❤️	31 CLOSED 🎉	Key: 🍓 = Made with most or all organic ingredients 🌾 = Whole Grain 🍓 = Homemade 🐄 *Organic milk is offered at lunch to all ages over 1	