November 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
2 **AM:** Yogurt Pineapple **LUNCH:** Taco Lentils Peas & Rice **PM:** Tortillas Olives	Nat'l Sandwich Day **3** **AM:** Sunbutter Rice Cakes **LUNCH:** Chicken-Cucumber Salad Toast Cranberry Sauce **PM:** Granola & Bananas	**4** **AM:** Eggs Carrots **LUNCH:** White-Bean Bake Green Beans & Quinoa **PM:** Bell Peppers Oranges	**5** **AM:** Pumpkin Overnight Oats Apples **LUNCH:** Chickpea Curry Barley & Broccoli **PM:** Cheese & Triscuits	**6** Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
9 **AM:** Eggs Salsa **LUNCH:** Pumpkin Lentils Cranberry Sauce Cornbread Muffins **PM:** Baked Crackers Pineapple	**10** **AM:** Lentil Dip Bell Peppers **LUNCH:** Cheese Pizza Green Beans & Olives **PM:** Tortillas Peaches	**11** **AM:** Turkey Meatballs Bananas **LUNCH:** Chickpea-Veggie Soup Barley & Cabbage **PM:** Granola Baked Apples	**12** **AM:** Yogurt Oranges **LUNCH:** Black Beans Rice Corn & Broccoli **PM:** Rice Cakes Cucumbers	**13** Chef's Special!
16 **AM:** Sunbutter Toast **LUNCH:** Roasted Chicken Quinoa Spinach & Corn **PM:** Bananas & Tortillas	**17** **AM:** Cottage Cheese Peaches **LUNCH:** Lentil Pasta Peas & Potatoes **PM:** Triscuits Carrots	**18** **AM:** Baked Apples Overnight Oats **LUNCH:** Pumpkin Chickpeas Quinoa Green Beans **PM:** Cheese & Melon	**19** **AM:** Eggs & Peaches **LUNCH:** Tomato Barley Soup Beans Broccoli **PM:** Granola Oranges	**20** Chef's Special!
23 **AM:** Bananas Carrots **LUNCH:** Pumpkin Alfredo White Beans & Broccoli **PM:** Cheese Rice Cakes	**24** **AM:** Eggs & Bell Peppers **LUNCH:** Chickpeas Paprikish Quinoa Corn & Okra **PM:** Granola Peaches	Food with Families **25** **AM:** Oranges & Yogurt **LUNCH:** Cinnamon Chili Rice Sweet Potatoes **PM:** Cranberry Muffins Apple Cider	**26** CLOSED FOR THANKSGIVING	**27** CLOSED FOR THANKSGIVING
30 **AM:** Peaches Cottage cheese **LUNCH:** Black Beans & Rice Okra & Corn **PM:** Bread Bell Peppers				Key: = Made with most or all organic ingredients = Whole Grain = Homemade *Organic milk is offered at lunch to all ages over 1