



July 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
Key: = Made with most or all organic ingredients = Whole Grain = Homemade *Organic milk is offered at lunch to all ages over 1	1 AM: Yogurt Peaches LUNCH: Hummus Cauliflower & Lettuce Tortillas PM: Bell Peppers Triscuits	2 AM: Sunbutter Apples LUNCH: Black Bean Burgers Pineapple Salsa PM: Melon Carrots	3 AM: Turkey Meatballs Bananas LUNCH: Lentil Pasta Green Beans Corn PM: Popsicles Rice Cakes	4 CLOSED FOR INDEPENDENCE DAY
7 AM: Sunbutter Cucumbers LUNCH: Chicken & Rice Broccoli Olives PM: Popsicles Baked Crackers	8 AM: Peaches Yogurt LUNCH: Spiced Chickpeas Barley Peas & Purple Cabbage PM: Rice Cakes Bananas	9 AM: Quinoa Pudding Pineapple LUNCH: Pasta Salad White Beans Blueberries & Tomatoes PM: Carrots Cheese	10 AM: Scrambled Eggs Apples LUNCH: Sloppy Lentils Potatoes Green Beans PM: Bell Peppers Tortillas	11 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
Nat'l Mac n' Cheese Day 14 AM: Scrambled Eggs Pears LUNCH: Gouda-Pesto Mac n' Cheese Broccoli Apples PM: Carrots Triscuits	15 AM: Yogurt Bananas LUNCH: Taco Lentils Barley Corn Lettuce PM: Cucumbers & Granola	16 AM: Turkey Meatballs Bell Peppers LUNCH: Chickpea Curry Rice Green Beans PM: Melon Tortillas	17 AM: Cheese Oranges LUNCH: Black Bean Quinoa Salad Basil Tomatoes Peas PM: Popsicles Rice Cakes	18 Chef's Special!
21 AM: Peaches Oatmeal LUNCH: Bean Dip Tortillas Bell Peppers & Okra PM: Cheese Melon	22 AM: Pineapple & Cottage Cheese LUNCH: Kuku Paka (chicken & tomatoes) Rice Lettuce PM: Popsicles Baked Crackers	23 AM: Muffins Sunbutter LUNCH: Lentil Pasta Sweet Potatoes Peas PM: Rice Cakes Apples	24 AM: Eggs & Carrots LUNCH: Greek Salad (chickpeas & cucumbers) Quinoa Olives PM: Bananas Granola	25 Chef's Special!
28 AM: Yogurt Berries LUNCH: Bean Tacos (kidney beans & tortillas) Lettuce & Corn PM: Cucumbers & Oranges	29 AM: Turkey Meatballs Apples LUNCH: Chickpea Paprikash Zucchini & Bell Peppers PM: Melon Rice Cakes	30 AM: Eggs & Bananas LUNCH: Black Bean Burgers Pineapple Tomatoes PM: Popsicles Triscuits	31 AM: Quinoa Pudding Peaches LUNCH: Curried Lentils Rice Peas & Purple Cabbage PM: Cheese & Carrots	