



February 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
3 AM: Oatmeal 🍌🌾 Apples 🍏 LUNCH: Lentil Pasta 🍌🌾 Green Beans Purple Cabbage PM: Cheese Tortillas 🌾	4 AM: Yogurt 🍌 Peaches LUNCH: Potato Split Pea Curry 🍌🌾 Rice 🍌🌾 Broccoli PM: Carrots 🍌 Triscuits 🌾	5 AM: Turkey Meatballs 🍌 Bananas 🍌 LUNCH: Chickpea Cauliflower Bake 🍌🌾 Quinoa 🍌🌾 Lettuce PM: Bread & Butter Pickles 🍌 Rice Cakes 🌾	6 AM: Scrambled Eggs & Toast 🌾 LUNCH: White Bean Bake 🍌🌾 (beans/cheese, spinach) Bell Peppers Barley 🍌🌾 PM: Pineapple Granola 🍌🌾🌾	7 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
10 AM: Cottage Cheese 🍌 Carrots 🍌 LUNCH: Taco Lentils 🍌🌾 Quinoa 🍌🌾 Sweet Potatoes & Peas PM: Peaches Rice Cakes 🌾	11 AM: Bean Dip 🍌🌾 Tortilla Chips 🌾 LUNCH: Chicken & Rice 🍌🌾 Green Beans Potatoes PM: Pineapple Triscuits 🌾	12 AM: Scrambled Eggs Bananas 🍌 LUNCH: Chickpea-Cuke Salad 🍌🌾 Bread 🌾 Cabbage PM: Granola 🍌🌾🌾 Oranges	13 Nat'l Cheddar Day AM: Sunbutter 🍌 Apples 🍏 LUNCH: Broccoli Cheddar Soup 🍌 Barley 🍌🌾 Olives PM: Bell Peppers Multi-Grain Crackers 🌾	14 Chef's Special!
17 AM: Yogurt 🍌 Peaches LUNCH: Turkey-Quinoa Bowl 🍌🌾 Carrots 🍌 Lettuce PM: Tortillas 🌾 Cucumbers	18 AM: Scrambled Eggs Bell Peppers LUNCH: Pasta Salad 🍌 (pasta & peas) Brussels Sprouts Lentils 🍌 PM: Bananas 🍌 & Granola 🍌🌾🌾	19 AM: Sunbutter 🍌 Apples 🍏 LUNCH: Golden Curry 🍌🌾 (chick peas & potatoes) Green Beans & Barley 🍌🌾 PM: Pineapple Triscuits 🌾	20 Nat'l Muffin Day AM: Cinnamon Muffins 🍌🌾 Oranges LUNCH: Bean Salad 🍌🌾 (beans & corn) Salsa 🍌 & Rice 🍌🌾 PM: Cheese Multi-Grain Crackers 🌾	21 Chef's Special!
24 AM: Scrambled Eggs Bananas 🍌 LUNCH: Lemon Garlic Chickpea Pasta 🍌🌾 Broccoli Potatoes PM: Bell Peppers Triscuits 🌾	25 AM: Oatmeal 🍌🌾 Oranges LUNCH: Lentil Curry 🍌🌾 Quinoa 🍌🌾 Green Beans & Corn 🍌 PM: Cheese Apples 🍏	26 AM: Hummus Sandwiches 🍌🌾🌾 LUNCH: Kare Raisu 🍌 Japanese Curry-chicken/potatoes/carrots Lettuce Rice 🍌🌾 PM: Peaches Granola 🍌🌾🌾	27 Nat'l Chili Day AM: Yogurt 🍌 Pineapple LUNCH: Chili 🍌🌾 Cornbread 🍌🌾🌾 Peas PM: Cucumbers Rice Cakes 🌾	28 Chef's Special!
				Key: 🍌 = Made with most or all organic ingredients 🌾 = Whole Grain 🍌🌾 = Homemade 🍌🌾 *Organic milk is offered at lunch to all ages over 1