October 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
Key: 🫘 = Made with most or all organic ingredients 🌾 = Whole Grain 👩‍🍳 = Homemade 🐄 *Organic milk is offered at lunch to all ages over 1			**1** **AM:** Cucumbers Lentil Dip 👩‍🍳🫘 **LUNCH:** Cheese Pizza 🌾👩‍🍳🫘 Peas & Olives **PM**: Baked Crackers 🌾 Carrots 🫘	**2** Chef's Special!
5 **AM:** Cheese Peaches **LUNCH:** Roasted Chicken Quinoa 🌾🫘 Spinach & Corn 🫘 **PM**: Carrots 🫘 Triscuits 🌾	**6** **AM:** Yogurt 🫘 Baked Apples 👩‍🍳🫘 **LUNCH:** Bean Goulash 🌾👩‍🍳🫘 Green Beans & Cauliflower **PM**: Cucumbers Tortillas 🌾🫘	**7** **AM:** Eggs Oranges **LUNCH:** Chickpeas 🫘 Rice 🌾🫘 Broccoli & Cabbage **PM**: Granola 🌾👩‍🍳🫘 Bell Peppers	**8** **AM:** Pumpkin Oatmeal 🌾👩‍🍳🫘 Sunbutter 🫘 **LUNCH:** Mushroom Lentils Bourguignon 🌾👩‍🍳🫘 Mashed Potatoes & Toast 🌾🫘 **PM**: Bananas 🫘 Rice Cakes 🌾🫘	**9** Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
12 **AM:** Eggs Peaches **LUNCH:** Sloppy Lentils 🌾👩‍🍳🫘 Green Beans & Cabbage **PM**: Granola 🌾👩‍🍳🫘 Carrots 🫘	**13** **AM:** Cheese Olives **LUNCH:** Turkey Chili 👩‍🍳🫘 Rice 🌾🫘 Peas **PM**: Tortillas 🌾🫘 Bell Peppers	**14** **AM:** Banana Cookies 👩‍🍳🫘 Sunbutter 🫘 **LUNCH:** Chickpea-Tomato Salad 👩‍🍳🫘 Quinoa 🌾🫘 Pickles 👩‍🍳🫘 **PM**: Pineapple Triscuits 🌾	**15** **AM:** Yogurt 🫘 Oranges **LUNCH:** Pumpkin Alfredo 🌾👩‍🍳 White Beans 🫘 Broccoli **PM**: Applesauce 👩‍🍳🫘 Baked Crackers 🌾	**16** Chef's Special!
19 **AM:** Toast 🌾 🫘 Sunbutter 🫘 **LUNCH:** Pumpkin Mac-N-Cheese 🌾👩‍🍳🫘 Peas & Cauliflower **PM**: Cucumbers Triscuits 🌾	**20** **AM:** Eggs Peach Salsa 👩‍🍳 **LUNCH:** Taco Lentils 👩‍🍳🫘 Barley 🌾🫘 Broccoli & Bell Peppers **PM**: Apples 👩‍🍳🫘 Rice Cakes 🌾🫘	**21** **AM:** Blueberries Overnight Oats 🌾🫘 **LUNCH:** Chickpea Curry 👩‍🍳🫘 Rice 🌾🫘 Potatoes **PM**: White Cheese Oranges	**22** **AM:** Cottage Cheese 🫘 Pineapple **LUNCH:** Chicken 🫘 Tortillas 🌾🫘 Corn 🫘 & Sweet Potatoes **PM**: Carrots 🫘 Bananas 🫘	**23** Chef's Special!
26 **AM:** Dill Yogurt 🌾🫘 Bell Peppers **LUNCH:** Spiced Chickpeas 👩‍🍳🫘 Quinoa 🌾🫘 Cauliflower & Okra **PM**: Oranges Carrots 🫘	**27** **AM:** Turkey Meatballs Bananas 🫘 **LUNCH:** Broccoli Cheddar Soup 👩‍🍳 Rice 🌾🫘 Corn 🫘 **PM**: Pineapple Granola 🌾👩‍🍳🫘	**28** **AM:** Sunbutter 🫘 Pumpkin Pancakes 🌾👩‍🍳🫘 **LUNCH:** Lentil Pasta 🌾👩‍🍳🫘 Peas & Cabbage **PM**: Peaches Tortillas 🌾🫘	**29** **AM:** Eggs Apples 🫘 **LUNCH:** Bean-Veggie Soup 🫘 Barley 🌾🫘 & Sweet Potatoes **PM**: Olives Triscuits 🌾	**30** Chef's Special!