



# April 2021

## Snack & Lunch Menu

*Proudly crafted in the Parkside Kitchen*

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>AM:</b> Overnight Oats & Blueberries <b>LUNCH:</b> Sloppy Joe w/ Green Beans <b>PM:</b> Rice Cakes & Sunbutter	2 <b>AM:</b> Yogurt & Pineapple <b>LUNCH:</b> Cheese Pinwheel w/ Carrots and Grapes <b>PM:</b> Trail Mix w/ Dried Fruit
5 <b>AM:</b> Cereal & Milk <b>LUNCH:</b> Quinoa w/ Black Beans, Pineapple, and Corn <b>PM:</b> Cheese & Crackers	6 <b>AM:</b> Pancakes and Berries <b>LUNCH:</b> Curried Lentils, w/ Rice & Bell Pepper <b>PM:</b> Carrots & Hummus	7 <b>AM:</b> Eggs & Potatoes <b>LUNCH:</b> Pasta Primavera w/ Peas and Broccoli <b>PM:</b> Oranges & Rice cake	8 <b>AM:</b> Oatmeal & Banana <b>LUNCH:</b> Chicken Salad Sandwich & Cucumber <b>PM:</b> Apples & Sunbutter	9 <b>AM:</b> Yogurt & Peaches <b>LUNCH:</b> Turkey Pinwheel w/ Carrots and Green Beans <b>PM:</b> Pretzels w/ Dried Fruit
12 <b>AM:</b> Cereal & Banana <b>LUNCH:</b> Quinoa w/ Broccoli, Carrots & Parm <b>PM:</b> Sunbutter & Crackers	13 <b>AM:</b> Muffins and Oranges <b>LUNCH:</b> Veggie Soup w/ Crackers and Cheese <b>PM:</b> Berries & Pretzels	14 <b>AM:</b> Eggs & Toast <b>LUNCH:</b> Hidden Veggie Pizza w/ Peas <b>PM:</b> Apples & Veggie Straws	15 <b>AM:</b> Oatmeal & Peaches <b>LUNCH:</b> Sloppy Joe w/ Lentils & Green Beans <b>PM:</b> Cheese & Grapes	16 <b>AM:</b> Yogurt & Pineapple <b>LUNCH:</b> Veggie Enchiladas W/ Cheese & Broccoli <b>PM:</b> Dried Fruit & Cereal
19 <b>AM:</b> Cereal & Milk <b>LUNCH:</b> Quinoa w/ Black Beans, Pineapple, and Corn <b>PM:</b> Cheese & Crackers	20 <b>AM:</b> Pancakes and Berries <b>LUNCH:</b> Curried Lentils, w/ Rice & Bell Pepper <b>PM:</b> Carrots & Hummus	21 <b>AM:</b> Eggs & Potatoes <b>LUNCH:</b> Pasta Primavera w/ Peas and Broccoli <b>PM:</b> Oranges & Rice cake	22 <b>AM:</b> Oatmeal & Banana <b>LUNCH:</b> Chicken Salad Sandwich & Cucumber <b>PM:</b> Apples & Sunbutter	23 <b>AM:</b> Yogurt & Peaches <b>LUNCH:</b> Turkey Pinwheel w/ Carrots and Green Beans <b>PM:</b> Pretzels w/ Dried Fruit
26 <b>AM:</b> Cereal & Banana <b>LUNCH:</b> Quinoa w/ Broccoli, Carrots & Parm <b>PM:</b> Sunbutter & Crackers	27 <b>AM:</b> Muffins and Oranges <b>LUNCH:</b> Veggie Soup w/ Crackers and Cheese <b>PM:</b> Berries & Pretzels	28 <b>AM:</b> Eggs & Toast <b>LUNCH:</b> Hidden Veggie Pizza w/ Peas <b>PM:</b> Apples & Veggie Straws	29 <b>AM:</b> Oatmeal & Peaches <b>LUNCH:</b> Sloppy Joe w/ Lentils & Green Beans <b>PM:</b> Cheese & Grapes	30 <b>AM:</b> Yogurt & Pineapple <b>LUNCH:</b> Veggie Enchiladas W/ Cheese & Broccoli <b>PM:</b> Dried Fruit & Cereal

**Fresh, organic, and non-GMO when possible, Picky for a purpose**  
**We choose ingredients without artificial sweeteners, preservatives, or colors**