



April 2022

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef's Special Day! To help reduce food waste we will use Fridays to serve food we have left from the week!
4 AM: Cereal & Pears LUNCH: Chickpea Spinach Curry, Rice & Bell Peppers PM: Mangos & Crackers	5 AM: Toast & Oranges LUNCH: Lentil Sloppy Joes, Potatoes & Olives PM: Carrots & Rice Cakes	6 AM: Homemade Granola & Bananas LUNCH: Homemade Mac-n-Cheese, Peas & Cauliflower PM: Sweet Hummus & Graham Crackers	7 AM: Quinoa & Strawberries LUNCH: Scrambled Eggs, Toast, Carrots & Broccoli PM: Peaches & Rice	8 Chef's Special Day!
11 AM: Cereal & Bananas LUNCH: Vietnamese Tofu, Carrots & Rice PM: Cucumbers & Crackers	12 AM: Pancakes & Strawberries LUNCH: Boiled Eggs, Pasta, Mushrooms & Peas PM: Homemade Granola & Pineapple	13 AM: Toast & Blueberries LUNCH: Pinto Beans, Enchilada Sauce, Tortillas & Green Beans PM: Olives & Rice Cakes	14 AM: Oatmeal & Pears LUNCH: Spaghetti with Red Sauce, Black Beans & Broccoli PM: Homemade Cookies & Peaches	15 Chef's Special Day!
18 AM: Cereal & Pineapple LUNCH: Tomato Soup, Grilled Cheese & Cauliflower PM: Rice Cakes & Apples	19 AM: Biscuits & Blueberries LUNCH: Pasta, Black Beans, Zucchini & Peas PM: Mangos & Crackers	20 AM: Quinoa & Bananas LUNCH: Chickpea Spinach Curry, Rice & Green Beans PM: Carrots & Hummus	21 AM: Toast & Sunbutter LUNCH: Scrambled Eggs, Homemade Salsa, Tortillas & Sweet Potatoes PM: Homemade Granola & Pears	22 Chef's Special Day!
25 AM: Cereal & Bananas LUNCH: Chicken Salad, Crackers, Olives & Broccoli PM: Rice Cakes & Pineapple	26 AM: Muffins & Oranges LUNCH: Scrambled Eggs, Tortillas, Bell Peppers & Carrots PM: Pears & Homemade Cookies	27 AM: Oatmeal & Strawberries LUNCH: Lentil Spaghetti & Peas PM: Homemade Granola & Peaches	28 AM: Rice & Blueberries LUNCH: Cheese Pizza & Green Beans PM: Apples & Sunbutter	29 Chef's Special Day!

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