



# August 2022

## Snack & Lunch Menu

*Proudly crafted in the Parkside Kitchen*

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>AM:</b> Cereal & Pears  <b>LUNCH:</b> Spaghetti w/ Meat Sauce, & Broccoli  <b>PM:</b> Cheese & Rice Cakes	2 <b>AM:</b> Oatmeal & Blueberries  <b>LUNCH:</b> Scrambled Eggs, Carrots, Toast & Peas  <b>PM:</b> Apples & Graham Crackers	3 <b>AM:</b> Muffins & Bananas  <b>LUNCH:</b> Pinto Beans, Rice, Green Beans & Enchilada Sauce  <b>PM:</b> Crackers & Watermelon	4 <b>AM:</b> Tortillas & Peaches  <b>LUNCH:</b> Tomato Soup, Grilled Cheese & Cauliflower  <b>PM:</b> Sweet Hummus & Strawberries	5 Chef's Special Day!  To help reduce food waste we use Fridays to serve food we have left from the week!
8 <b>AM:</b> Cereal & Pineapple  <b>LUNCH:</b> Boiled Eggs, Toast, Okra & Cauliflower  <b>PM:</b> Bananas & Crackers	9 <b>AM:</b> Pancakes & Blueberries  <b>LUNCH:</b> Pasta, Lentils, Peas & Green Beans  <b>PM:</b> Rice Cakes & Carrots	10 <b>AM:</b> Quinoa & Peaches  <b>LUNCH:</b> Black Beans, Sweet Potatoes, Tortillas & Broccoli  <b>PM:</b> Homemade Granola & Watermelon	11 <b>CLOSED</b> <b>TEACHER</b> <b>IN-SERVICE</b>	12 <b>CLOSED</b> <b>TEACHER</b> <b>IN-SERVICE</b>
15 <b>AM:</b> Cereal & Oranges  <b>LUNCH:</b> Eggplant, Potato, Chickpea Curry & Rice  <b>PM:</b> Crackers & Pineapple	16 <b>AM:</b> Toast & Bananas  <b>LUNCH:</b> Bean Chili, Cornbread & Green Beans  <b>PM:</b> Quinoa & Cucumbers	17 <b>AM:</b> Tortillas & Homemade Mango Salsa  <b>LUNCH:</b> Cheese Pizza & Broccoli  <b>PM:</b> Carrots & Rice Cakes	18 <b>AM:</b> Oatmeal & Plums  <b>LUNCH:</b> Scrambled Eggs, Tortillas, Peas & Cauliflower  <b>PM:</b> Chef's Special	19 Chef's Special Day!  PM: Fruit Popsicles & Graham Crackers
22 <b>AM:</b> Cereal & Mangos  <b>LUNCH:</b> Black Bean Burgers, Sweet Potatoes, & Homemade Ketchup  <b>PM:</b> Watermelon & Crackers	23 <b>AM:</b> Oatmeal & Grapes  <b>LUNCH:</b> Lentils, Tomatoes, Tortillas, & Lettuce  <b>PM:</b> Rice Cakes & Pickled Beets	24 <b>AM:</b> Pancakes & Blueberries  <b>LUNCH:</b> Pasta, Peas, Boiled Eggs & Bell Peppers  <b>PM:</b> Sweet Hummus & Bananas	25 <b>AM:</b> Toast & Strawberries  <b>LUNCH:</b> Sunbutter, Crackers, Zucchini, & Green Beans  <b>PM:</b> Fruit Popsicles & Rice Cakes	26 Chef's Special Day!
29 <b>AM:</b> Cereal & Pineapple  <b>LUNCH:</b> Mac-n-cheese, Cauliflower & Okra  <b>PM:</b> Crackers & Grapes	30 <b>AM:</b> Oatmeal & Strawberries  <b>LUNCH:</b> Bean Goulash & Green Beans  <b>PM:</b> Fruit Popsicles & Graham Crackers	31 <b>AM:</b> Homemade Cookies & Peaches  <b>LUNCH:</b> Roasted Eggplant, Sweet Potatoes, Sunbutter & Crackers  <b>PM:</b> Tortillas & Carrots		

**Fresh, organic, and non-GMO when possible, picky for a purpose.**

**We choose ingredients without artificial sweeteners, preservatives, or colors.**