



December 2023

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
<p>Key: = Made with most or all organic ingredients = Whole Grain = Homemade *Organic milk is offered at lunch to all ages over 1</p>				<p>1</p> <p>Chef's Special!</p> <p>To help reduce food waste we use Fridays to serve food we have left from the week!</p>
<p>AM: 4 Yogurt Pears</p> <p>LUNCH: Chickpea Sweet Potato Stew Quinoa Broccoli</p> <p>PM: Cucumbers Tortillas </p>	<p>AM: 5 Oatmeal Baked Apples </p> <p>LUNCH: Moong Masoor Daal Rice Cauliflower Roasted Carrots </p> <p>PM: Cheese Bell Peppers</p>	<p>AM: 6 Maple Muffins Sunbutter </p> <p>LUNCH: Chicken Salad w/ Toast Green Beans Cranberry Sauce </p> <p>PM: Fruit Rice Cakes</p>	<p>AM: 7 Scrambled Eggs Oranges</p> <p>LUNCH: Split-Pea Barley Soup Red Cabbage Corn </p> <p>PM: Bananas Crackers</p>	<p>8</p> <p>Chef's Special!</p>
<p>AM: 11 Cottage Cheese Peaches</p> <p>LUNCH: Pumpkin Alfredo Black Beans Broccoli</p> <p>PM: Bell Peppers Triscuits </p>	<p>AM: 12 Eggs Cucumbers</p> <p>LUNCH: Sunbutter Sandwich Zucchini Cauliflower</p> <p>PM: Pears Graham Crackers</p>	<p>AM: 13 Turkey Meatballs Tortillas </p> <p>LUNCH: Sloppy Lentils Green Beans Cabbage</p> <p>PM: Oranges Olives</p>	<p>AM: 14 Hummus Carrots </p> <p>LUNCH: Cheese Pizza Peas Pineapple</p> <p>PM: Granola Bananas</p>	<p>15</p> <p>Chef's Special!</p>
<p>AM: 18 Dill Yogurt Carrots </p> <p>LUNCH: Taco Lentils Tortillas Corn Green Cabbage</p> <p>PM: Rice Cakes Pears</p>	<p>AM: 19 Sweet Hummus Apples </p> <p>LUNCH: Cinnamon Bean Chili Cornbread Muffins Broccoli</p> <p>PM: Bananas Crackers</p>	<p>AM: 20 Oatmeal Fruit</p> <p>LUNCH: Chicken Alfredo Green Beans Mushrooms</p> <p>PM: Cheese Olives</p>	<p>AM: 21 Sunbutter Cucumbers</p> <p>LUNCH: Egg Salad Sandwich Peas Mashed Potatoes</p> <p>PM: Cinnamon Muffins Oranges</p>	<p>22</p> <p>Chef's Special!</p>
<p>25</p> <p>CLOSED FOR WINTER BREAK</p> <p></p>	<p>26</p> <p>CLOSED FOR WINTER BREAK</p> <p></p>	<p>27</p> <p>CLOSED FOR WINTER BREAK</p> <p></p>	<p>28</p> <p>CLOSED FOR WINTER BREAK</p> <p></p>	<p>29</p> <p>CLOSED FOR WINTER BREAK</p> <p></p>