



December 2021

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Rice & Blueberries LUNCH: Hard Boiled Eggs, Pasta & Mixed Veggies PM: Graham Crackers & Bananas	2 AM: Toast & Pineapple LUNCH: Bean & Sweet Potato Burrito w/Fresh Salsa PM: Cheese & Apples	3 AM: Oatmeal & Peaches LUNCH: Sunbutter Sandwich, Carrots & Peas PM: Pretzels & Hummus
6 AM: Cereal & Pears LUNCH: Pumpkin Lentils, Saltines, & Mixed Veggies PM: Carrots & Hummus	7 AM: Pumpkin Muffins & Milk LUNCH: Scrambled Egg Tacos, Potatoes & Bell Peppers PM: Veggie Straws & Strawberries	8 AM: Oatmeal & Blueberries LUNCH: Cheese Pizza & Green Beans PM: Pretzels & Oranges	9 AM: Toast & Bananas LUNCH: Black Beans, Rice w/Enchilada Sauce & Pineapple PM: Rice Cakes & Olives	10 AM: Rice & Peaches LUNCH: Sunbutter Sandwich, Peas & Sweet Potatoes PM: Saltines & Cucumber
13 AM: Cereal & Peaches LUNCH: Bean & Sweet Potato Burrito w/Fresh Salsa PM: Pretzels & Raisins	14 AM: Pancakes & Strawberries LUNCH: Chicken Noodle Soup, Carrots and Green Beans PM: Veggie Straws & Apples	15 AM: Toast & Bananas LUNCH: Black Beans, Pasta w/Peas & Sweet Potatoes PM: Saltines & Oranges	16 AM: Rice & Pineapple LUNCH: Homemade Mac-n-Cheese, Carrots & Cauliflower PM: Carrots & Hummus	17 AM: Oatmeal & Pears LUNCH: Lentils, Rice & Mixed Veggies PM: Rice Cakes & Olives
20 CLOSED	21 CLOSED	22 HAPPY HOLIDAYS!	23 CLOSED	24 CLOSED
27 AM: Cereal & Strawberries LUNCH: Spaghetti w/Meat Sauce & Roasted Broccoli PM: Veggie Straws & Raisins	28 AM: Grahams & Peaches LUNCH: Black Beans, Rice w/Enchilada Sauce & Pineapple PM: Saltines & Sunbutter	29 AM: Oatmeal & Bananas LUNCH: Sunbutter Sandwich, Broccoli & Sweet Potatoes PM: Pretzels & Oranges	30 AM: Toast & Blueberries LUNCH: Tomato Soup, Grilled Cheese & Green Beans PM: Rice Cakes & Olives	31 AM: Cinnamon Muffins & Milk LUNCH: Bean Chili and Cornbread HALF DAY NEW YEARS EVE HAPPY NEW YEAR!

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