



February 2021

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
1 AM: Cereal & Milk LUNCH: Chicken Nuggets w/Broccoli & Carrots PM: Veggie Straws & Apples	2 AM: Pancakes & Blueberries LUNCH: Potato Soup w/Crackers PM: Grapes & Cheese	3 AM: Eggs & Biscuit LUNCH: Pasta Marinara w/Peas & Cheese PM: Grahams & Pumpkin Dip	4 AM: Oatmeal & Banana LUNCH: Grilled Cheese w/Tomato Soup PM: Rice Cakes & Oranges	5 AM: Yogurt & Pears LUNCH: Bean & Cheese Burrito w/Green Beans PM: Crackers & Applesauce
8 AM: Cereal & Banana LUNCH: Sunbutter & Jelly w/ Carrots PM: Cheese & Crackers	9 AM: Pumpkin Pancakes LUNCH: Veggie Bowl w/ Roasted Potatoes PM: Apples & Cheese	10 AM: Eggs & Toast LUNCH: Pasta Alfredo w/ Broccoli & Carrots PM: Peaches & Veggie Straws	11 AM: Oatmeal & Strawberries LUNCH: Winter Frittata and Toast PM: Applesauce & Rice Cakes	12 AM: Yogurt & Grahams LUNCH: Chicken Noodle Soup PM: Muffins and Oranges
15 AM: Cereal & Berries LUNCH: Taco Bowl w/Rice & Refried Beans & Sour Cream w/Cheese PM: Rice Cakes & Olives	16 AM: Pancakes and Banana LUNCH: Veggie Soup w/ Tortilla Chips PM: Wheat Thins w/Cranberry Cream Cheese Dip	17 AM: Eggs & Potatoes LUNCH: Hidden Veggie Pizza & Green Beans PM: Veggie Straws & Oranges	18 AM: Oatmeal & Apples LUNCH: Black Bean Sweet Potato Taquitos w/ Sour Cream PM: Carrots & Crackers	19 AM: Yogurt & Peaches LUNCH: Curried Lentils w/ Crackers PM: Pretzels w/Cheese
22 AM: Cereal & Milk LUNCH: Chicken Nuggets w/Broccoli & Carrots PM: Veggie Straws & Apples	23 AM: Pancakes & Blueberries LUNCH: Potato Soup w/Crackers PM: Grapes & Cheese	24 AM: Eggs & Biscuit LUNCH: Pasta Marinara w/Peas & Cheese PM: Grahams & Pumpkin Dip	25 AM: Oatmeal & Banana LUNCH: Grilled Cheese w/Tomato Soup PM: Rice Cakes & Oranges	26 AM: Yogurt & Pears LUNCH: Bean & Cheese Burrito w/Green Beans PM: Crackers & Applesauce

Fresh, organic when possible. Picky for a purpose.

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

All items are made with LOVE 