



February 2022

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM: Toast & Pineapple LUNCH: Black Bean & Sweet Potato Burritos & Homemade Salsa PM: Bananas & Rice Cakes	2 AM: Rice & Pears LUNCH: Ladenia (Greek Pizza) & Black Olives PM: Granola & Oranges	3 AM: Pancakes & Strawberries LUNCH: Pinto Beans, Rice, Enchilada Sauce & Bell Peppers PM: Cucumber Salad & Crackers	4 AM: Sweet Hummus & Carrots LUNCH: Chicken Salad Crackers, Grapes & Green Beans PM: Blueberries & Tortillas
7 AM: Cereal & Pears LUNCH: Tortillas, Cucumbers, Black Olives & Hummus PM: Strawberries & Rice Cakes	8 AM: Homemade Granola Bars & Blueberries LUNCH: Cabbage & Egg Scramble with Toast & Roasted Potatoes PM: Peaches & Granola	9 AM: Graham Crackers & Bananas LUNCH: Pumpkin Lentils, Oyster Crackers & Peas PM: Carrots & Crackers	10 AM: Muffins & Oranges LUNCH: Homemade Mac-n-Cheese, Roasted Carrots & Peas PM: Tortillas & Homemade Salsa	11 AM: Sweet Potatoes & Rice LUNCH: Bean Chili, Zucchini & Cornbread PM: Homemade Cookies & Apples
Valentine's Day-14 AM: Broiled Grapefruit & Cereal LUNCH: Black Beans & Mushroom Pasta & Peas PM: Berry Buns	15 AM: Maple Roasted Brussel Sprouts & Toast LUNCH: Tofu Cauliflower Soup, Oyster Crackers & Cucumber Salad PM: Crackers & Oranges	16 AM: Oatmeal & Peaches LUNCH: Scrambled Eggs & Hash Browns with Tortillas & Peas PM: Carrots & Hummus	17 AM: Pancakes & Bananas LUNCH: Greek Lentil Salad, Crackers, Black Olives & Roasted Cauliflower PM: Graham Crackers & Raisins	18 AM: Rice & Apples LUNCH: Chickpea and Spinach Coconut Curry, Rice & Broccoli PM: Tortillas & Cucumbers
21 AM: Cereal & Bananas LUNCH: Lentils, Pasta, Broccoli & Roasted Potatoes PM: Sunbutter & Tortillas	22 AM: Oatmeal & Strawberries LUNCH: Vietnamese Tofu with Tomatoes, Rice & Roasted Carrots PM: Homemade Granola Bars & Peaches	23 AM: Banana Chips & Sweet Hummus LUNCH: Tomato Soup, Grilled Cheese & Roasted Broccoli PM: Rice Cakes & Oranges	24 AM: Rice & Pears LUNCH: Scrambled Eggs & Tortillas with Bell Peppers & Peas PM: Muffins & Blueberries	25 AM: Sweet Potatoes & Toast LUNCH: Sunbutter Crackers, Roasted Brussel Sprouts, & Cauliflower PM: Cucumbers & Crackers
28 AM: Cereal & Peaches LUNCH: Split Pea Soup, Rice, Zucchini, & Squash PM: Apples & Sunbutter				

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