



January 2023

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: Cereal & Peaches LUNCH: Gnocchi with Sauce, White Beans, & Broccoli PM: Cheese & Crackers	3 AM: Butternut Squash & Rice LUNCH: Scrambled Eggs, Tortillas, Salsa & Potatoes PM: Pumpkin Hummus & Graham Crackers	4 AM: Nat. Spaghetti Day AM: Homemade Granola & Bananas LUNCH: Lentil Pasta & Broccoli PM: Rice cakes & Carrots	5 AM: Muffins & Oranges LUNCH: Veggie Bean Soup & Rice PM: Crackers & Cukes	6 Chef's Special Day! To help reduce food waste we use Fridays to serve food we have left from the week!
9 AM: Cereal & Honey Dew LUNCH: Pumpkin Lentils, Oyster Crackers, & Green Beans PM: Rice & Peaches	10 AM: Oatmeal & Baked Apples LUNCH: Broccoli Cheddar Soup, Toast & Roasted Baby Carrots PM: Cantaloupe & Granola	11 AM: Toast & Homemade Jam LUNCH: Pinto Beans, Rice, Enchilada Sauce & Corn PM: Pears & Crackers	12 AM: Quinoa & Bananas LUNCH: Tomato Spinach Barley Soup & Grilled "Cheesy" Hummus Sandwiches PM: Olives & Rice Cakes	13 Chef's Special Day!
16 MLK Day AM: Cereal & Pears LUNCH: Mac-n-Cheese, Green Beans & Corn PM: Hummus & Cucumbers	17 AM: Rice & Berries LUNCH: Chili, Tortillas, Cauliflower PM: Graham Crackers & Applesauce	18 AM: Toast & Oranges LUNCH: Gnocchi with Red Sauce, Pinto Beans & Cauliflower PM: Homemade Cookies & Peaches	19 AM: Salsa & Tortillas LUNCH: Curry Lentils, Crackers, Butternut Squash, & Zucchini PM: Rice Cakes & Bananas	20 Chef's Special Day!
23 AM: Cereal & Oranges LUNCH: Chicken Noodle Soup, Roasted Baby Carrots, & Corn PM: Olives & Crackers	24 Natl. Peanut Butter Day AM: Quinoa & Berries LUNCH: Sunbutter Sandwiches, Peas & Cauliflower PM: Bean Dip & Tortillas	25 AM: Toast & Bananas LUNCH: Chickpea Curry, Sweet Potatoes, & Rice PM: Homemade Granola & Peaches	26 AM: Oatmeal & Peaches LUNCH: Pinto Beans, Rice, Enchilada Sauce, & Bell Peppers PM: Carrots & Hummus	27 Chef's Special Day!
30 AM: Cereal & Peaches LUNCH: Enchilada Casserole & Peas PM: Graham Crackers & Apples	31 AM: Honey Dew & Rice LUNCH: Bean Goulash & Sweet Potatoes PM: Hummus & Crackers			

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