



January 2024

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
CLOSED 1 HAPPY NEW YEAR! 🎉 Key: 🍓 = Made with most or all organic ingredients 🌾 = Whole Grain 🏠 = Homemade 🥛 *Organic milk is offered at lunch to all ages over 1	AM: 2 Sunbutter 🍓 Toast 🌾 LUNCH: Chicken Salad w/ Crackers 🏠 Mashed Potatoes 🏠 Green Cabbage PM: Oranges Cucumbers	AM: 3 Maple Muffins 🍓 🏠 🌾 Bananas LUNCH: Scrambled Eggs w/ Tortillas 🌾 Tomatoes Peas PM: Cheese Pineapple	AM: 4 Hummus 🍓 🏠 Carrots 🍓 LUNCH: Lentil Pasta 🌾 🍓 Mushrooms Broccoli PM: Pears Triscuits 🌾	Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
AM: 8 Cottage Cheese 🍓 Peaches LUNCH: Split Pea Corn Salad 🍓 🏠 Rice 🍓 🌾 Broccoli PM: Olives Crackers	AM: 9 Turkey Meatballs 🏠 Bell Peppers LUNCH: Cinnamon Bean Chili 🍓 🏠 Tortillas 🌾 Green Cabbage PM: Bananas Granola 🍓 🏠 🌾	AM: 10 Scrambled Eggs Cucumbers LUNCH: Spiced Chickpeas 🍓 🏠 Bread 🌾 Green Beans Carrots 🍓 PM: Oranges & Triscuits 🌾	AM: 11 Oatmeal 🍓 🌾 Baked Apples 🍓 LUNCH: Veggie Lentil Soup 🍓 🏠 Barley 🍓 🌾 Cauliflower PM: Cheese Pears	Chef's Special!
AM: 15 Sunbutter 🍓 Carrots 🍓 LUNCH: Lentil Curry 🍓 Quinoa 🍓 🌾 Green Cabbage 🍓 PM: Pineapple Crackers	AM: 16 Yogurt 🍓 Apples 🍓 LUNCH: Mung Bean & Potato Stew 🍓 🏠 Rice 🍓 🌾 Green Beans PM: Pears Toast 🌾	AM: 17 Orange Muffins 🍓 🏠 🌾 Bananas LUNCH: Chicken Alfredo 🏠 Peas Cauliflower PM: Cheese Granola 🍓 🏠 🌾	AM: 18 Pumpkin Hummus 🍓 🏠 Grahams 🌾 LUNCH: Boiled Eggs Tortillas 🌾 Broccoli Salsa 🏠 PM: Cucumbers & Oranges	Chef's Special!
AM: 22 Cottage Cheese 🍓 Bell Peppers LUNCH: Sloppy Lentils 🍓 Potatoes Green Beans PM: Carrots Pears	AM: 23 Bean Dip 🍓 🏠 Cucumbers LUNCH: Cheese Pizza 🍓 🌾 🏠 Peas Olives PM: Oranges Triscuits 🌾	AM: 24 Scrambled Eggs Tortillas 🌾 LUNCH: Chickpea Salad 🍓 🏠 Bread Broccoli Cranberry Sauce 🏠 PM: Peaches & Grahams 🌾	AM: 25 Turkey Meatballs 🏠 Quinoa 🌾 LUNCH: Split Pea Barley Soup 🍓 🌾 Red Cabbage Corn 🍓 PM: Bananas Granola 🍓 🏠	Chef's Special!
AM: 29 Yogurt 🍓 Pineapple LUNCH: Ukrainian Mashed Beans 🍓 🏠 Bread Mushrooms Green Cabbage PM: Bell Peppers Rice Cakes	AM: 30 Scrambled Eggs Tortillas 🌾 LUNCH: Barley-Lentil Pilaf 🍓 🌾 🏠 Peas Cauliflower PM: Carrots 🍓 Pears	AM: 31 Sunbutter 🍓 Apples 🍓 LUNCH: Chickpea Curry 🍓 🏠 Broccoli Quinoa 🌾 PM: Cucumbers Crackers	AM: Feb 1 Bananas Cinnamon Muffins 🍓 🏠 🌾 LUNCH: Chicken Noodle Soup 🏠 🍓 Green Beans Potatoes PM: Cheese Oranges	Chef's Special!