



July 2022

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef's Special Day! To help reduce food waste we use Fridays to serve food we have left from the week!
4 CLOSED INDEPENDENCE DAY	5 AM: Cereal & Peaches LUNCH: Scrambled Eggs, Tortillas, Peas & Broccoli PM: Cucumbers & Rice	6 AM: Toast & Sweet Potatoes LUNCH: Spaghetti with Marinara, Lentils & Green Beans PM: Watermelon & Crackers	7 AM: Granola & Blueberries LUNCH: Rice, Pinto Beans, Mango & Homemade Salsa PM: Hummus & Carrots	8 Chef's Special Day!
11 AM: Cereal & Pineapple LUNCH: Black Beans, Pasta, Mushrooms & Peas PM: Watermelon & Crackers	12 AM: Granola & Peaches LUNCH: Chickpea Spinach Curry, Rice & Carrots PM: Tortillas & Blueberries	Natl. French Fry Day 13 AM: Quinoa & Oranges LUNCH: Sunbutter Sandwiches, Fries & Tomatoes PM: Biscuits & Pears	Natl. Mac 'N Cheese Day 14 AM: Toast & Bananas LUNCH: Mac 'N Cheese, Green Beans & Cauliflower PM: Fruit Popsicles & Graham Crackers	15 Chef's Special Day!
18 AM: Cereal & Pears LUNCH: Lentils, Oyster Crackers, Carrots & Zucchini PM: Tortillas & Homemade Salsa	19 AM: Pancakes & Strawberries LUNCH: Scrambled Eggs, Rice, Bell Peppers & Peas PM: Fruit Popsicles & Graham Crackers	20 AM: Toast & Bananas LUNCH: Cheese Pizza & Green Beans PM: Watermelon & Crackers	21 AM: Oatmeal & Blueberries LUNCH: Bean Goulash & Cauliflower PM: Sweet Hummus & Apples	22 Chef's Special Day!
25 AM: Cereal & Peaches LUNCH: Black Bean Burgers, Homemade Ketchup & Sweet Potato Fries PM: Cucumbers & Quinoa	26 AM: Toast & Blueberries LUNCH: Chicken Enchilada Casserole & Carrots PM: Crackers & Watermelon	27 AM: Muffins & Bananas LUNCH: Lemon Pasta, Peas, Broccoli & Black Beans PM: Hummus & Carrots	28 AM: Granola & Strawberries LUNCH: Sunbutter, Crackers, Cauliflower & Tomatoes PM: Chef's Special	29 Chef's Special Day! PM: Fruit Popsicles & Graham Crackers

Fresh, organic, and non-GMO when possible, picky for a purpose.

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