



June 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
Key: = Made with most or all organic ingredients = Whole Grain = Homemade *Organic milk is offered at lunch to all ages over 1				May 31
AM: 3 Yogurt Peaches LUNCH: Pesto Pasta Salad Beans Olives PM: Apples Rice Cakes	AM: 4 Melons Tortillas LUNCH: Pancakes Sunbutter Berries & Green Beans PM: Cheese Oranges	AM: 5 Turkey Meatballs Tomatoes LUNCH: Chickpea Curry Rice Cabbage PM: Bananas Toast	AM: 6 Eggs Bell Peppers LUNCH: Sloppy Lentils Broccoli Roasted Carrots PM: Popsicles Crackers	Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
AM: 10 Yogurt Pears LUNCH: Taco Lentils Barley Tomatoes & Zucchini PM: Oranges Olives	AM: 11 Sunbutter Muffins LUNCH: Chicken and Rice Broccoli Sweet Potatoes PM: Popsicles Triscuits	AM: 12 Oatmeal Berries LUNCH: Enchilada Casserole Peas Peaches PM: Bananas Crackers	AM: 13 Boiled Eggs Cucumbers LUNCH: Chickpea Sandwiches Green Beans Cauliflower PM: Cheese Pineapple	Chef's Special!
AM: 17 Cottage Cheese Peaches LUNCH: Eggs & Salsa Tortillas Green Beans PM: Popsicles Crackers	AM: 18 Hummus Carrots LUNCH: Turkey-Zucchini Skillet Rice Corn PM: Melons Bell Peppers	AM: 19 Bananas Muffins LUNCH: Mung Bean-Tomato Salad Barley Broccoli PM: Cheese Oranges	AM: 20 Red Lentil Dip Tortilla Chips LUNCH: Lemon Pasta White Beans Peas & Potatoes PM: Pineapple Rice Cakes	Chef's Special!
AM: 24 Yogurt Melons LUNCH: Chicken Salad Sandwiches Peas Corn PM: Apples Rice Cakes	AM: 25 Boiled Eggs Carrots LUNCH: Revithia (Greek soup) Broccoli Rice PM: Bananas Cucumbers	AM: 26 Sunbutter Berries LUNCH: Mac-N-Cheese Peas Sweet Potatoes PM: Popsicles Triscuits	AM: 27 Bean Dip Tortilla Chips LUNCH: Black Bean Burgers Green Beans Tomatoes PM: Oranges Bell peppers	Chef's Special!