



# June 2022

## Snack & Lunch Menu

*Proudly crafted in the Parkside Kitchen*

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>AM:</b> Muffins & Oranges  <b>LUNCH:</b> Pinto Beans, Enchilada Sauce, Tortillas & Green Beans  <b>PM:</b> Fruit Popsicles & Graham Crackers	2 <b>AM:</b> Rice & Peaches  <b>LUNCH:</b> “Cheesy” Hummus Sandwiches, Cauliflower & Peas  <b>PM:</b> Homemade Granola & Bananas	3 Chef’s Special Day!  To help reduce food waste we use Fridays to serve food we have left from the week!
6 <b>AM:</b> Cereal & Oranges  <b>LUNCH:</b> Boiled Eggs, Tortillas, Bell Peppers, & Sweet Potatoes  <b>PM:</b> Cheese & Black Olives	7 <b>AM:</b> Quinoa & Pears  <b>LUNCH:</b> Chicken Enchilada Casserole & Green Beans  <b>PM:</b> Fruit Popsicles & Graham Crackers	8 <b>AM:</b> Rice & Peaches  <b>LUNCH:</b> Curried Lentils, Potatoes, Crackers & Broccoli  <b>PM:</b> Hummus & Carrots	9 <b>AM:</b> Toast & Banana  <b>LUNCH:</b> Sunbutter Sandwich, Peas & Tomatoes  <b>PM:</b> Blueberries & Homemade Granola	10 Chef’s Special Day!
13 <b>AM:</b> Cereal & Pineapple  <b>LUNCH:</b> Black Bean Burger, Cauliflower & Homemade Ketchup  <b>PM:</b> Carrots & Crackers	14 <b>AM:</b> Pancakes & Bananas  <b>LUNCH:</b> Scrambled Eggs, Toast, Peas & Bell Peppers  <b>PM:</b> Sweet Hummus & Graham Crackers	15 <b>AM:</b> Quinoa & Blueberries  <b>LUNCH:</b> Sunbutter, Crackers, Zucchini & Carrots  <b>PM:</b> Rice Cakes & Pears	16 <b>AM:</b> Tortillas & Strawberries  <b>LUNCH:</b> Spaghetti with Marinara & Black Beans  <b>PM:</b> Chef’s Special	17 Chef’s Special Day!  <b>PM:</b> Fruit Popsicles & Oyster Crackers
20 <b>AM:</b> Cereal & Pears  <b>LUNCH:</b> Pasta with Peas & Carrots & Black Beans  <b>PM:</b> Tortillas & Black Olives	21 <b>AM:</b> Rice & Strawberries  <b>LUNCH:</b> Cheese Pizza & Carrots  <b>PM:</b> Cheese & Crackers	22 <b>AM:</b> Toast & Blueberries  <b>LUNCH:</b> Gnocchi with Marinara, Pinto Beans & Broccoli  <b>PM:</b> Oranges & Muffins	23 <b>AM:</b> Oatmeal & Bananas  <b>LUNCH:</b> Boiled Eggs, Toast, Cauliflower & Zucchini  <b>PM:</b> Fruit Popsicles & Graham Crackers	24 Chef’s Special Day!
27 <b>AM:</b> Cereal & Peaches  <b>LUNCH:</b> Lebanese Lentils, Broccoli, Oyster Crackers & Green Beans  <b>PM:</b> Pineapple & Rice Cakes	28 <b>AM:</b> Sweet Potatoes & Quinoa  <b>LUNCH:</b> Vietnamese Chicken with Tomatoes, Rice & Carrots  <b>PM:</b> Fruit Popsicles & Graham Crackers	29 <b>AM:</b> Muffins & Bananas  <b>LUNCH:</b> Sweet Potatoes, Bell Peppers, Black Beans & Tortillas  <b>PM:</b> Carrots & Hummus	30 <b>AM:</b> Toast & Blueberries  <b>LUNCH:</b> Scrambled Eggs, Quinoa, Peas & Cauliflower  <b>PM:</b> Watermelon & Crackers	

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