



# March 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
<p>Key:</p> <p> = Made with most or all organic ingredients</p> <p> = Whole Grain</p> <p> = Homemade</p> <p> *Organic milk is offered at lunch to all ages over 1</p>				<p>1</p> <p>Chef's Special!</p> <p>To help reduce food waste we use Fridays to serve food we have left from the week!</p>
<p><b>AM:</b> 4</p> <p>Yogurt </p> <p>Peaches</p> <p><b>LUNCH:</b></p> <p>Split Pea Corn Soup  </p> <p>Cauliflower</p> <p>Quinoa  </p> <p><b>PM:</b></p> <p>Carrots </p> <p>Crackers</p>	<p><b>AM:</b> 5</p> <p>Bean Dip  </p> <p>Cucumbers</p> <p><b>LUNCH:</b></p> <p>Lentil Pasta   </p> <p>Potatoes</p> <p>Green Beans</p> <p><b>PM:</b></p> <p>Olives</p> <p>Oranges</p>	<p><b>AM:</b> 6</p> <p>Maple Muffins   </p> <p>Berries</p> <p><b>LUNCH:</b></p> <p>"Cheesy" Hummus Sandwich  </p> <p>Tomato/Barley Soup   </p> <p>Zucchini</p> <p><b>PM:</b></p> <p>Cheese</p> <p>Tortillas </p>	<p><b>AM:</b> 7</p> <p>Turkey Meatballs </p> <p>Bell Peppers</p> <p><b>LUNCH:</b></p> <p>Eggs</p> <p>Tomatoes</p> <p>Rice  </p> <p>Broccoli</p> <p><b>PM:</b></p> <p>Bananas </p> <p>Granola   </p>	<p>8</p> <p>Chef's Special!</p>
<p><b>AM:</b> 11</p> <p>Cottage Cheese </p> <p>Pineapple</p> <p><b>LUNCH:</b></p> <p>Nqaj Qab Kib Ntsug Txiv Lwg Suav (chicken &amp; tomatoes) </p> <p>Rice  </p> <p>Peas</p> <p><b>PM:</b></p> <p>Bell Peppers</p> <p>Oranges</p>	<p><b>AM:</b> 12</p> <p>Peaches</p> <p>Oatmeal  </p> <p><b>LUNCH:</b></p> <p>Lentil Curry  </p> <p>Barley </p> <p>Cabbage</p> <p><b>PM:</b></p> <p>Cheese</p> <p>Toast </p>	<p><b>AM:</b> 13</p> <p>Scrambled Eggs</p> <p>Salsa </p> <p><b>LUNCH:</b></p> <p>Beans &amp; Quinoa  </p> <p>Broccoli</p> <p>Corn </p> <p><b>PM:</b></p> <p>Bananas </p> <p>Granola   </p>	<p><b>AM:</b> 14</p> <p>Cinnamon Muffins   </p> <p>Sunbutter </p> <p><b>LUNCH:</b></p> <p>Cheese Pizza   </p> <p>Green Beans</p> <p>Pears</p> <p><b>PM:</b></p> <p>Carrots </p> <p>Apples </p>	<p>15</p> <p>Chef's Special!</p>
<p>18</p> <p>CLOSED</p>	<p>19</p> <p>FOR</p>	<p>20</p> <p>SPRING</p>	<p>21</p> <p>BREAK</p>	<p>22</p> <p></p>
<p><b>AM:</b> 25</p> <p>Yogurt </p> <p>Pears</p> <p><b>LUNCH:</b></p> <p>Sloppy Lentils   </p> <p>Corn </p> <p>Broccoli</p> <p><b>PM:</b></p> <p>Olives</p> <p>Oranges</p>	<p><b>AM:</b> 26</p> <p>Turkey Meatballs </p> <p>Bell Peppers</p> <p><b>LUNCH:</b></p> <p>Mung Bean Salad  </p> <p>Zucchini &amp; Cabbage</p> <p>Barley </p> <p><b>PM:</b></p> <p>Bananas </p> <p>Cucumbers</p>	<p><b>AM:</b> 27</p> <p>Sunbutter </p> <p>Pancakes   </p> <p><b>LUNCH:</b></p> <p>Enchilada Casserole   </p> <p>Green Beans</p> <p>Pineapple</p> <p><b>PM:</b></p> <p>Granola   </p> <p>Apples </p>	<p><b>AM:</b> 28</p> <p>Berries</p> <p>Oatmeal  </p> <p><b>LUNCH:</b></p> <p>Egg Salad Sandwiches </p> <p>Peas</p> <p>Potatoes</p> <p><b>PM:</b></p> <p>Cheese</p> <p>Crackers</p>	<p>Chef's Special!</p>