



# March 2022

## Snack & Lunch Menu

*Proudly crafted in the Parkside Kitchen*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>AM:</b> Rice & Oranges  <b>LUNCH:</b> Scrambled Eggs, Tortillas, Bell Peppers & Peas  <b>PM:</b> Muffins & Blueberries	2 <b>AM:</b> Sweet Potatoes & Toast  <b>LUNCH:</b> Sunbutter Crackers, Roasted Brussel Sprouts & Cauliflower  <b>PM:</b> Cucumbers & Crackers	3 <b>AM:</b> Pancakes & Strawberries  <b>LUNCH:</b> Homemade Mac & Cheese, Zucchini & Squash  <b>PM:</b> Carrots & Tortillas	4 <b>AM:</b> Homemade Granola & Pears  <b>LUNCH:</b> Pinto Beans, Rice, Enchilada Sauce & Broccoli  <b>PM:</b> Grapes & Cheese
7 <b>AM:</b> Cereal & Pears  <b>LUNCH:</b> Tomato Soup, Grilled Cheese & Green Beans  <b>PM:</b> Apples & Crackers	8 <b>AM:</b> Rice & Blueberries  <b>LUNCH:</b> Scrambled Eggs, Tortillas, Zucchini & Peas  <b>PM:</b> Homemade Granola & Raisins	9 <b>AM:</b> Toast & Bananas  <b>LUNCH:</b> Lentil Spaghetti & Roasted Cauliflower  <b>PM:</b> Cucumber Salad & Tortillas	10 <b>AM:</b> Muffins & Peaches  <b>LUNCH:</b> Chicken Salad, Crackers, Olives & Broccoli  <b>PM:</b> Carrots & Hummus	11 <b>AM:</b> Oatmeal & Oranges  <b>LUNCH:</b> Quinoa, Bell Peppers, Sweet Potatoes & Chickpeas  <b>PM:</b> Celery & Sunbutter
14 <b>AM:</b> Cereal & Peaches  <b>LUNCH:</b> Chickpea & Spinach Coconut Curry, Rice & Zucchini  <b>PM:</b> Olives & Crackers	15 <b>AM:</b> Pancakes & Pineapple  <b>LUNCH:</b> Tortillas, Enchilada Sauce, Pinto Beans & Broccoli  <b>PM:</b> Pears & Cheese	16 <b>AM:</b> Homemade Granola & Strawberries  <b>LUNCH:</b> Bean Chili, Green Beans & Cornbread  <b>PM:</b> Rice Cakes & Sunbutter	17 <b>AM:</b> Rice & Pears  <b>LUNCH:</b> Boiled Eggs, Toast, Asparagus & Potatoes  <b>PM:</b> Graham Crackers & Bananas	18 <b>AM:</b> Toast & Oranges  <b>LUNCH:</b> Chickpea Salad, Crackers, Celery & Cucumbers  <b>PM:</b> Carrots & Hummus
21 <b>HAPPY SPRING!</b>	22 <b>CLOSED</b>	23 <b>FOR</b>	24 <b>SPRING</b>	25 <b>BREAK!</b>
28 <b>AM:</b> Cereal & Pears  <b>LUNCH:</b> <b>Glowing Spiced Lentil Soup, Roasted Cauliflower, &amp; Rice</b>  <b>PM:</b> Carrots & Hummus	29 <b>AM:</b> Sunbutter & Apples  <b>LUNCH:</b> Vietnamese Tofu, with Tomatoes, Rice & Carrots  <b>PM:</b> Seasoned Cucumbers & Crackers	30 <b>AM:</b> Rice & Pears  <b>LUNCH:</b> Sweet Potatoes, Bell Peppers, Black Beans & Quinoa  <b>PM:</b> Celery & Sunbutter	31 <b>AM:</b> Oatmeal & Blueberries  <b>LUNCH:</b> Scrambled Eggs, Toast, Bell Peppers & Cabbage  <b>PM:</b> Homemade Granola & Raisins	

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