



May 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>AM: 1</p> <p>Boiled Eggs Carrots </p> <p>LUNCH:</p> <p>Chickpea Paprikash </p> <p>Corn </p> <p>Broccoli</p> <p>PM:</p> <p>Cucumbers Pears</p>	<p>AM: 2</p> <p>Sunbutter Muffins </p> <p>LUNCH:</p> <p>Lentils Quinoa Tomatoes & Zucchini</p> <p>PM:</p> <p>Bananas Granola </p>	<p>3</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>AM: 6</p> <p>Yogurt Peaches</p> <p>LUNCH:</p> <p>Spiced Chickpeas Quinoa Corn Cabbage</p> <p>PM:</p> <p>Rice Cakes & Apples </p>	<p>AM: 7</p> <p>Oatmeal Pineapple</p> <p>LUNCH:</p> <p>Black Bean Burgers </p> <p>Green Beans Tomatoes</p> <p>PM:</p> <p>Cheese Bell Peppers</p>	<p>AM: 8</p> <p>Scrambled Eggs Oranges</p> <p>LUNCH:</p> <p>Spaghetti w/ Meat Sauce </p> <p>Peas Potatoes</p> <p>PM:</p> <p>Carrots Toast </p>	<p>AM: 9</p> <p>Sunbutter Bananas </p> <p>LUNCH:</p> <p>Mung Bean/Zucchini Salad </p> <p>Barley Cauliflower</p> <p>PM:</p> <p>Fruit Popsicles Triscuits </p>	<p>10</p> <p>Chef's Special!</p>
<p>AM: 13</p> <p>Yogurt Pears</p> <p>LUNCH:</p> <p>Lentil Barley Pilaf </p> <p>Corn Broccoli</p> <p>PM:</p> <p>Bell Peppers Oranges</p>	<p>AM: 14</p> <p>Scrambled Eggs Berries</p> <p>LUNCH:</p> <p>Pesto Pasta Salad </p> <p>White Beans Olives</p> <p>PM:</p> <p>Apples Toast </p>	<p>AM: 15</p> <p>Bananas Cheese</p> <p>LUNCH:</p> <p>Pancakes </p> <p>Sunbutter Berries & Potatoes</p> <p>PM:</p> <p>Fruit Popsicles Triscuits </p>	<p>AM: 16</p> <p>Melons Oatmeal </p> <p>LUNCH:</p> <p>Chicken Enchilada Casserole </p> <p>Peas & Pineapple</p> <p>PM:</p> <p>Carrots Hummus </p>	<p>17</p> <p>Chef's Special!</p>
<p>AM: 20</p> <p>Yogurt Peaches</p> <p>LUNCH:</p> <p>Arroz Rojo & Beans </p> <p>Papas a la Mexicana Peas</p> <p>PM:</p> <p>Fruit Popsicles Crackers</p>	<p>AM: 21</p> <p>Turkey Meatballs Tortillas </p> <p>LUNCH:</p> <p>Lentil Curry </p> <p>Barley Broccoli</p> <p>PM:</p> <p>Oranges Bell Peppers</p>	<p>AM: 22</p> <p>Berries Cinnamon Muffins </p> <p>LUNCH:</p> <p>Cheese Pizza </p> <p>Green Beans Olives</p> <p>PM:</p> <p>Cheese Carrots </p>	<p>AM: 23</p> <p>Scrambled Eggs Melons</p> <p>LUNCH:</p> <p>Chickpea Salad Sandwiches </p> <p>Corn Cabbage</p> <p>PM:</p> <p>Bananas Granola </p>	<p>24</p> <p>Chef's Special!</p>
<p>27</p> <p>CLOSED</p> <p>FOR</p> <p>MEMORIAL</p> <p>DAY</p>	<p>AM: 28</p> <p>Cottage Cheese Bell Peppers</p> <p>LUNCH:</p> <p>Chickpea Curry </p> <p>Barley Broccoli</p> <p>PM:</p> <p>Pears Tortillas </p>	<p>AM: 29</p> <p>Melon Maple Muffins </p> <p>LUNCH:</p> <p>Chicken Alfredo </p> <p>Green Beans Potatoes</p> <p>PM:</p> <p>Cheese Oranges</p>	<p>AM: 30</p> <p>Sunbutter Carrots </p> <p>LUNCH:</p> <p>Deviled Eggs </p> <p>Tortillas Okra & Corn </p> <p>PM:</p> <p>Bananas Bell Peppers</p>	<p>AM: 31</p> <p>Chef's Special</p> <p>LUNCH:</p> <p>Rice & Beans </p> <p>Chef's Special</p> <p>PM:</p> <p>Fruit Popsicles Triscuits </p>