



November 2022

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
	National Cinnamon Day 1 AM: Toast & Cantaloupe LUNCH: Cinnamon Chili, Cornbread, & Roasted Butternut Squash PM: Cheese & Rice Cakes	Día de los Muertos 2 AM: Oatmeal & Baked Apples LUNCH: Pozole & Tortillas PM: Crackers & Cucumbers	National Sandwich Day 3 AM: Bananas & Homemade Granola LUNCH: Hummus Sandwiches, Green Beans & Cauliflower PM: Pears & Graham Crackers	4 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
7 AM: Cereal & Peaches LUNCH: Pumpkin Chili, Corn Bread & Broccoli PM: Crackers & Cantaloupe	8 AM: Quinoa & Butternut Squash LUNCH: Mushroom Pasta, Black Beans & Peas PM: Hummus & Bell Peppers	9 AM: Pumpkin Muffins & Oranges LUNCH: Scrambled Eggs, Toast, Ketchup & Cauliflower PM: Rice Cakes & Carrots	10 AM: Tortillas & Sunbutter LUNCH: Chickpea Curry, Rice, & Green Beans PM: Graham Crackers & Applesauce	11 Chef's Special!! (pre-k and juniors help make pickles, they cut? And make brine?)
National Pickle Day 14 AM: Cereal & Oranges LUNCH: Bean Goulash & Butternut Squash PM: Homemade Pickles & Cheese	15 AM: Oatmeal & Bananas LUNCH: Pumpkin Chili, Rice & Corn PM: Crackers & Peaches	16 AM: Toast & Homemade Jam LUNCH: Black Beans, Sweet Potatoes, Tortillas & Salsa PM: Graham Crackers & Cantaloupe	17 AM: Chef's Special LUNCH: Eggs, Pasta, Peas & Corn PM: "Cheesy" Hummus & Carrots	National Apple Cider Day 18 AM: Apple Cider & Oatmeal Chef's Special!!
21 AM: Cereal & Cantaloupe LUNCH: Mac-n-Cheese, Broccoli & Corn PM: Crackers & Carrots	22 AM: Tortillas & Homemade Salsa LUNCH: Black Bean Burgers, Ketchup, & Sweet Potatoes PM: Hummus & Cucumbers	23 AM: Homemade Granola & Baked Apples LUNCH: Butternut Squash Chili, Cornbread & Cranberry Sauce PM: Rice Cakes & Bananas	24 CLOSED for THANKSGIVING	25 CLOSED for THANKSGIVING
28 AM: Cereal & Peaches LUNCH: Chickpea-Pumpkin Curry, Rice & Butternut Squash PM: Carrots & Crackers	29 AM: Savory Rice & Mushrooms LUNCH: Lentil Pasta & Broccoli PM: Bean Dip & Tortillas	30 AM: Muffins & Berries LUNCH: Cheese Pizza & Green Beans PM: Homemade Granola & Bananas		

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