



October 2022

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: Cereal & Pears LUNCH: Chickpea Curry, Rice & Corn PM: Tortillas & Grapes	4 AM: Rice & Peaches LUNCH: Scrambled Eggs, Toast, Ketchup & Broccoli PM: Crackers & Carrots	5 AM: Toast & Strawberry Jam LUNCH: Lentils, Pasta, Marinara Sauce & Cabbage PM: Graham Crackers & Bananas	6 AM: Granola & Mixed Berries LUNCH: Sweet Potatoes, Tortillas, Black Beans & Okra PM: Hummus & Bell Peppers	7 Chef's Special Day! To help reduce food waste we use Fridays to serve food we have left from the week!
10 AM: Cereal & Cantaloupe LUNCH: Pinto Beans, Pasta, Peas & Eggplant PM: Rice Cakes & Applesauce	11 AM: Oatmeal & Blueberries LUNCH: Grilled "Cheesy" Hummus, Tomato Soup & Broccoli PM: Crackers & Plums	12 AM: Pumpkin Muffins & Oranges LUNCH: Scrambled Eggs, Quinoa, Green Beans & Carrots PM: Wheat Thins & Pears	13 AM: Tortillas & Butternut Squash LUNCH: Pumpkin Lentil Soup, Rice & Cauliflower PM: Sweet Hummus & Bananas	14 Chef's Special Day!
17 AM: Cereal & Pears LUNCH: Cheese Pizza & Green Beans PM: Sunbutter & Rice Cakes	18 AM: Biscuits & Mixed Berries LUNCH: Butternut Squash, Rice, Mushrooms & Black Beans PM: Graham Crackers & Pumpkin Hummus	19 AM: Quinoa & Sweet Potatoes LUNCH: Scrambled Eggs, Cabbage, Tortillas & Cauliflower PM: Crackers & Bananas	20 AM: Toast & Blueberry Jam LUNCH: Pasta, Lentils, Peas & Carrots PM: Granola & Peaches	21 Chef's Special Day!
24 AM: Cereal & Cantaloupe LUNCH: Bean Goulash & Cauliflower PM: Crackers & Carrots	25 AM: Pancakes & Blueberries LUNCH: Eggplant, Potato, Chickpea Curry & Rice PM: Tomatoes & Cheese	26 AM: Baked Apples & Oatmeal LUNCH: Pumpkin Alfredo Pasta, Black Beans & Green Beans PM: Wheat Thins & Peaches	27 AM: Granola & Bananas LUNCH: Sunbutter Sandwiches, Brussel Sprouts & Corn PM: Rice Cakes & Cucumbers	28 Chef's Special Day!
31 AM: Cereal & Oranges LUNCH: Chicken Enchilada Casserole, & Sweet Potatoes PM: Tortillas & Homemade Salsa				

Fresh, organic, and non-GMO when possible, picky for a purpose.

We choose ingredients without artificial sweeteners, preservatives, or colors.