



# November 2021

## Snack & Lunch Menu

*Proudly crafted in the Parkside Kitchen*

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>AM:</b> Cereal & Oranges  <b>LUNCH:</b> Lentils, Rice, & Mixed Veggies  <b>PM:</b> Saltines & Sunbutter	2 <b>AM:</b> Pumpkin Pancakes & Apple Cider  <b>LUNCH:</b> Chicken Noodle Soup w/Carrots and Olives  <b>PM:</b> Rice Cakes & Blueberries	3 <b>AM:</b> Rice & Strawberries  <b>LUNCH:</b> Grilled Cheese, Tomato Soup & Green Beans  <b>PM:</b> Graham Crackers & Bananas	4 <b>AM:</b> Toast & Pineapple  <b>LUNCH:</b> Bean & Sweet Potato Burrito w/Fresh Salsa  <b>PM:</b> Cheese & Apples	5 <b>AM:</b> Oatmeal & Peaches  <b>LUNCH:</b> Spaghetti w/Marinara Sauce, Broccoli & Peas  <b>PM:</b> Veggie Straws & Raisins
8 <b>AM:</b> Cereal & Pears  <b>LUNCH:</b> Pumpkin Lentils, Saltines, & Mixed Veggies  <b>PM:</b> Carrots & Hummus	9 <b>AM:</b> Oatmeal & Blueberries  <b>LUNCH:</b> Scrambled Egg Tacos, Potatoes & Bell Peppers  <b>PM:</b> Veggie Straws & Strawberries	10 <b>AM:</b> Pumpkin Muffins & Milk  <b>LUNCH:</b> Black Beans, Rice w/Enchilada Sauce & Pineapple  <b>PM:</b> Pretzels & Oranges	11 <b>AM:</b> Toast & Bananas  <b>LUNCH:</b> Homemade Mac-n-Cheese, Carrots & Cauliflower  <b>PM:</b> Rice Cakes & Cucumber	12 <b>AM:</b> Rice & Peaches  <b>LUNCH:</b> Sunbutter Sandwich, Green Beans & Broccoli  <b>PM:</b> Saltines & Olives
15 <b>AM:</b> Cereal & Peaches  <b>LUNCH:</b> Bean & Sweet Potato Burrito w/Fresh Salsa  <b>PM:</b> Pretzels & Raisins	16 <b>AM:</b> Pancakes & Strawberries  <b>LUNCH:</b> Chicken Noodle Soup, Carrots and Green Beans  <b>PM:</b> Saltines & Oranges	17 <b>AM:</b> Toast & Bananas  <b>LUNCH:</b> Cheese Pizza & Green Beans  <b>PM:</b> Veggie Straws & Apples	18 <b>AM:</b> Rice & Pineapple  <b>LUNCH:</b> Hard Boiled Eggs, Pasta w/Peas & Sweet Potatoes  <b>PM:</b> Carrots & Hummus	19 <b>AM:</b> Oatmeal & Pears  <b>LUNCH:</b> Lentils, Rice & Mixed Veggies  <b>PM:</b> Rice Cakes & Olives
22 <b>AM:</b> Cereal & Blueberries  <b>LUNCH:</b> Sunbutter Sandwich, Sweet Potatoes & Broccoli  <b>PM:</b> Cheese & Olives	23 <b>AM:</b> Toast & Bananas  <b>LUNCH:</b> Homemade Mac-n-Cheese, Green Beans & Cauliflower  <b>PM:</b> Rice Cakes & Apples	24 <b>AM:</b> Rice & Peaches  <b>LUNCH:</b> Pumpkin Lentils, Saltines, & Mixed Veggies  <b>PM:</b> Carrots & Hummus	25 <b>CLOSED</b>	26 <b>CLOSED</b>
29 <b>AM:</b> Cereal & Strawberries  <b>LUNCH:</b> Spaghetti w/Meat Sauce & Roasted Broccoli  <b>PM:</b> Veggie Straws & Raisins	30 <b>AM:</b> Pumpkin Muffins & Apple Cider  <b>LUNCH:</b> Black Beans, Rice w/Enchilada Sauce & Pineapple  <b>PM:</b> Saltines & Sunbutter			

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