



September 2021

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: Rice & Blueberries LUNCH: Bean & Cheese Quesadillas w/Peas PM: Saltines & Watermelon	2 AM: Oatmeal & Strawberries LUNCH: Homemade Mac-n-Cheese, Green Beans & Sweet Potatoes PM: Veggie Straws & Bananas	3 AM: Pancakes & Apples LUNCH: Scrambled Eggs, Toast, Potatoes & Mixed Veggies PM: Strawberry/Banana Popsicles & Grahams
6 CLOSED LABOR DAY	7 AM: Cereal & Pineapple LUNCH: Homemade Cheese Pizza & Green Beans PM: Cucumber & Hummus	8 AM: Oatmeal & Bananas LUNCH: Lentils, Rice, Broccoli & Carrots PM: Rice Cakes & Olives	9 AM: Pretzels & Cantaloupe LUNCH: Hard Boiled Eggs, Toast, Sweet Potatoes & Zucchini PM: Yogurt & Peaches	10 AM: Rice & Strawberries LUNCH: Pasta w/Marinara Sauce, Beans & Peas PM: Banana/Peach Popsicles & Saltines
13 AM: Cereal & Bananas LUNCH: Black Beans, Rice w/Enchilada Sauce & Pineapple PM: Pretzels & Apples	14 AM: Oatmeal & Blueberries LUNCH: Scrambled Egg Tacos, Potatoes & Bell Peppers PM: Veggie Straws & Olives	15 AM: Rice & Pears LUNCH: Grilled Cheese, Tomato Soup & Green Cabbage PM: Rice Cakes & Watermelon	16 AM: Muffins & Strawberries LUNCH: Chicken Salad w/Saltines, Green Beans & Peas PM: Carrots & Hummus	17 AM: Cottage cheese & Peaches LUNCH: Sunbutter & Banana Sandwich, Mixed Veggies & Pinto Beans PM: Strawberry/Banana Popsicles & Saltines
20 AM: Cereal & Peaches LUNCH: Homemade Mac-n-Cheese, Sweet Potatoes & Cauliflower PM: Rice Cakes & Watermelon	21 AM: Pancakes & Applesauce LUNCH: Cheese Quesadillas, Fresh Salsa, and Refried Beans PM: Saltines & Blueberries	22 AM: Rice & Strawberries LUNCH: Hard Boiled Eggs, Pasta w/Carrots & Peas PM: Grahams & Apples	23 AM: Toast & Banana LUNCH: Lentils, Saltines, Broccoli & Carrots PM: Cucumber & Hummus	24 AM: Oatmeal & Pears LUNCH: Black Bean Burgers, Green Beans & Pineapple PM: Banana/Peach Popsicles & Veggie Straws
27 AM: Cereal & Pears LUNCH: Scrambled Egg Tacos, Cauliflower & Peas PM: Pretzels & Strawberries	28 AM: Rice & Pineapple LUNCH: Sunbutter & Strawberry Sandwich, Zucchini & Black Beans PM: Rice cakes & Oranges	29 AM: Muffins & Blueberries LUNCH: Lentils, Rice, Bell Peppers & Cabbage PM: Grahams & Peaches	30 AM: Toast & Bananas LUNCH: Bean Soup, Saltines, Carrots & Olives PM: Cheese & Apples	

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

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

Substitutions

Sep 1 lunch - carrots for green beans

Sep 1 PM snack - sunbutter for watermelon

Sep 2 AM snack - rice for oatmeal

Sep 2 lunch - carrots for peas

black beans for cheese

Sep 3 AM snack - strawberries for apples

Sep 3 lunch - black beans for eggs

Sep 3 PM snack - sunbutter for popsicles, saltines for grahams

Sep 7 AM snack - blueberries for pineapple

graham cracker for yogurt

Sep 7 lunch - black beans for cheese

Sep 8 AM snack - rice for oatmeal

strawberries for peaches

Sep 8 PM snack - sunbutter for bananas

Sep 9 AM snack - bread for cereal in Babies

blueberries for cantaloupe

Sep 9 lunch - black beans for eggs

Sep 10 lunch - carrots for peas

Sep 10 PM snack - sunbutter for popsicles

Sep 13 AM snack - bread for cereal in Babies

milk for banana

Sep 13 PM snack - carrots for oranges

saltines for pretzels in Babies

Sep 14 AM snack - strawberries for bananas

cereal for oatmeal

Sep 14 lunch - black beans for eggs

Sep 15 AM snack - blueberries for pears

Sep 15 lunch - black beans for cheese

Sep 16 AM snack - strawberries for pears

Sep 16 lunch - carrots for green beans &

black beans for chicken salad

Sep 16 PM snack - sunbutter for watermelon

Sep 17 AM snack - blueberries for pineapple

graham crackers for cottage cheese

Sep 17 lunch - carrots for mixed veggies

Sep 17 PM snack - carrots for popsicles

Sep 20 AM snack - bread for cereal in Babies

milk for bananas

Sep 20 lunch - black beans for cheese

Sep 20 PM snack - strawberries for watermelon

Sep 21 AM snack - blueberries for peaches

Sep 21 lunch - carrots for peas

Sep 21 PM snack - carrots for grapes

Sep 22 AM snack - graham crackers for yogurt

Sep 22 lunch - black beans for eggs

Sep 22 PM snack - saltines for apples

Sep 23 AM snack - strawberries for applesauce

Sep 24 AM snack - strawberries for pears

pancakes for oatmeal

Sep 24 lunch - black beans for meatballs

carrots for green beans

Sep 24 PM snack - carrots for popsicles

Sep 27 AM snack - bread for cereal in Babies

milk for grapes

Sep 27 lunch - black beans for eggs

banana for peas

Sep 27 PM snack - saltines for pretzels

Sep 28 AM snack - strawberries for cantaloupe

Sep 28 lunch - carrots for banana

Sep 28 PM snack - blueberries for oranges

Sep 29 AM snack - blueberries for pineapple

Sep 29 lunch - black beans for chicken

carrots for mixed vegetables

Sep 29 PM snack - strawberries for pears

Sep 30 AM snack - strawberries for apples

graham crackers for cottage cheese

Sep 30 lunch - carrots for green beans

Sep 30 PM snack - sunbutter for bananas