



September 2022

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM: Toast & Blueberries LUNCH: Scrambled Eggs, Tortillas, Peas & Broccoli PM: Rice Cakes & Plums	2 Chef's Special Day! To help reduce food waste we use Fridays to serve food we have left from the week!
5 CLOSED LABOR DAY	6 AM: Cereal & Pears LUNCH: Lemon Pasta, Black Beans, Broccoli & Tomatoes PM: Rice Cakes & Strawberries	7 AM: Muffins & Oranges LUNCH: Pumpkin Lentil Soup, Tortillas & Cauliflower PM: Homemade Granola & Bananas	8 AM: Rice & Cantaloupe LUNCH: Cheese Pizza & Peas PM: Popsicles & Graham Crackers	9 Chef's Special Day!
12 AM: Cereal & Pineapple LUNCH: Pumpkin Alfredo Pasta, Peas & Black Beans PM: Crackers & Peaches	13 AM: Oatmeal & Cantaloupe LUNCH: Scrambled Eggs, Green Beans, Tomatoes & Quinoa PM: Hummus & Carrots	14 AM: Toast & Homemade Strawberry Jam LUNCH: Eggplant, Potato, Chickpea Curry & Rice PM: Tortillas & Watermelon	15 AM: Pancakes & Blueberries LUNCH: Sunbutter Sandwiches, Roasted Okra & Corn PM: Bananas & Graham Crackers	16 Chef's Special Day!
19 AM: Cereal & Bananas LUNCH: Gnocchi, Marinara Sauce, Pinto Beans & Okra PM: Tomatoes & Cheese	20 AM: Tortillas & Homemade Mango Salsa LUNCH: Bean Goulash & Cauliflower PM: Rice Cakes & Plums	21 AM: Rice & Pears LUNCH: "Cheesy" Hummus Sandwiches, Broccoli & Carrots PM: Graham Crackers & Watermelon	22 AM: Homemade Granola & Pineapple LUNCH: Black Bean Burgers. Homemade Ketchup & Corn PM: Chef's Special	23 Chef's Special Day! PM: Popsicles & Crackers
Johnny Applesced Day 26 AM: Cereal & Apples LUNCH: Sweet Potatoes, Black Beans, Tortillas & Cauliflower PM: Rice Cakes & Blueberries	27 AM: Muffins & Oranges LUNCH: Boiled Eggs, Rice, Green Beans & Carrots PM: Saltines & Peaches	28 AM: Toast & Sunbutter LUNCH: Mac-n-Cheese, Peas, & Cauliflower PM: Sweet Hummus & Strawberries	29 AM: Homemade Granola & Cantaloupe LUNCH: Eggplant-Pumpkin Soup, Lentils, & Oyster Crackers PM: Bananas & Graham Crackers	30 Chef's Special Day!

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

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