



October 2025

Snack & Lunch Menu

Proudly crafted in the Parkside Kitchen

- Picky for a purpose -

Fresh, organic, non-GMO when possible & no artificial sweeteners, preservatives or colors

Monday	Tuesday	Wednesday	Thursday	Friday
Key: = Made with most or all organic ingredients = Whole Grain = Homemade *Organic milk is offered at lunch to all ages over 1		1 AM: Pumpkin Pancakes LUNCH: Jamaican Curry (chicken, potatoes) Quinoa Peas PM: Pineapple & Rice Cakes	2 AM: Scrambled Eggs Bell Peppers LUNCH: Curried Lentils Barley Green Beans & Cauliflower PM: Granola Oranges	3 Chef's Special! To help reduce food waste we use Fridays to serve food we have left from the week!
Nat'l Noodle Day 6 AM: Quinoa Pudding Bananas LUNCH: Chicken Noodle Soup Olives Mashed Potatoes PM: Cheese Bell Peppers	7 AM: Yogurt Pineapple LUNCH: Chickpea Curry Rice Broccoli PM: Carrots Tortillas	8 AM: Turkey Meatballs Berries LUNCH: Sloppy Lenny's Peas Cabbage PM: Cucumbers Triscuits	9 AM: Scrambled Eggs Salsa LUNCH: Beans Barley Green Beans Corn PM: Oranges & Rice Cakes	10 Chef's Special!
World Food Week 13 AM: Scrambled Eggs Bell Peppers LUNCH: Pinto Bean Quesadillas Corn Green Beans PM: Melon & Rice Cakes	14 AM: Cheese & Toast LUNCH: Taco Lentils Rice Cauliflower & Peas PM: Oranges Granola	Nat'l Mushroom Day 15 AM: Banana Cookies Sunbutter LUNCH: Mushroom Alfredo Black Beans Broccoli PM: Pineapple & Carrots	World Food Day 16 AM: Cottage Cheese Peaches LUNCH: Chicken Tomato Salad Quinoa Potatoes PM: Chef's Special	17 Chef's Special! PM: Bread & Butter Pickles Baked Crackers
20 AM: Turkey Meatballs Oranges LUNCH: Spiced Chickpeas Rice Peas & Sweet Potatoes PM: Triscuits Pineapple	Nat'l Apple Day 21 AM: Baked Apples Quinoa Pudding LUNCH: Lentil Veggie Soup Barley Mashed Potatoes PM: Cheese Toast	22 AM: Scrambled Eggs & Bell Peppers LUNCH: Bean Dip Tortilla Chips Corn Broccoli PM: Granola Bananas	23 AM: Yogurt Peaches LUNCH: Cheese Pizza Green Beans Olives PM: Carrots Rice Cakes	24 Chef's Special!
27 AM: Sunbutter Toast LUNCH: Cozy Chili (w/ butternut squash) Cornbread Peas PM: Peaches & Tortillas	28 AM: Scrambled Eggs Oranges LUNCH: Pumpkin Alfredo Green Beans White Beans PM: Pickles Rice Cakes	Nat'l Oatmeal Day 29 AM: Oatmeal Bananas LUNCH: "Tuna" Salad (chickpeas, tomatoes) Quinoa Broccoli PM: Cheese & Pineapple	30 AM: Chef's Special LUNCH: Lentil Shepherd's Pie Rice Lettuce PM: Pineapple Granola	31 AM: Pumpkin Muffins Jack-O-Apples Chef's Special!