



March 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
<p>3</p> <p>AM: Oatmeal 🍌 Peaches</p> <p>LUNCH: Veggie-Lentil Soup 🍌🥥 Rice 🍌 Okra</p> <p>PM: Cheese Oranges</p>	<p>4</p> <p>AM: Yogurt 🍌 Apples 🍌</p> <p>LUNCH: Chickpea-Cauliflower Bake 🍌🥥 Quinoa 🍌 Zucchini</p> <p>PM: Cucumbers Baked Crackers 🍌</p>	<p>Nat'l Poutine Day 5</p> <p>AM: Vanilla Pancakes 🍌🥥 Sunbutter 🍌</p> <p>LUNCH: Poutine 🥥 (potatoes, cheese, gravy) Bread 🍌 Peas</p> <p>PM: Pineapple & Rice Cakes 🍌</p>	<p>6</p> <p>AM: Scrambled Eggs Tortillas 🍌</p> <p>LUNCH: Turkey Spaghetti Broccoli Corn 🍌</p> <p>PM: Carrots 🍌 Bananas 🍌</p>	<p>7</p> <p>Chef's Special!</p> <p>To help reduce food waste we use Fridays to serve food we have left from the week!</p>
<p>10</p> <p>AM: Yogurt 🍌 Cucumbers</p> <p>LUNCH: Barley Chicken Salad 🍌🥥 Green Beans Olives</p> <p>PM: Apples 🍌 Granola 🍌</p>	<p>11</p> <p>AM: Bean Dip 🍌🥥 Tortilla Chips 🍌🥥</p> <p>LUNCH: Golden Curry 🍌🥥 Quinoa 🍌 Broccoli</p> <p>PM: Carrots 🍌 Rice Cakes 🍌</p>	<p>12</p> <p>AM: Cheese Bananas 🍌</p> <p>LUNCH: Taco Lentils 🍌 Salsa 🥥 Rice 🍌 Zucchini</p> <p>PM: Oranges & Triscuits 🍌</p>	<p>13</p> <p>AM: Oatmeal 🍌 Pineapple</p> <p>LUNCH: Pasta e Piselli 🍌 (pasta and peas) Cauliflower & Lettuce</p> <p>PM: Boiled Eggs Bell Peppers</p>	<p>14</p> <p>Chef's Special!</p>
<p>17</p> <p>AM: Sunbutter 🍌 Bell Peppers</p> <p>LUNCH: Cheese Baked Crackers 🍌 Grapes & Cucumbers</p> <p>PM: Apples 🍌 Carrots 🍌</p>	<p>Nat'l Sloppy Joe Day 18</p> <p>AM: Oatmeal 🍌 Berries</p> <p>LUNCH: Lentil Sloppy Joes 🍌🥥 Sweet Potatoes Lettuce</p> <p>PM: Bananas 🍌 Granola 🍌</p>	<p>19</p> <p>AM: Cottage Cheese 🍌 Pineapple</p> <p>LUNCH: Mushroom Orzo 🍌 Green Beans Chickpeas 🍌</p> <p>PM: Boiled Eggs Rice Cakes 🍌</p>	<p>20</p> <p>AM: Turkey Meatballs 🍌 Peaches</p> <p>LUNCH: Three Sisters Soup 🍌🥥 (corn/squash, beans) Rice 🍌 Peas</p> <p>PM: Oranges & Tortillas 🍌</p>	<p>21</p> <p>Chef's Special!</p>
<p>24</p> <p>CLOSED</p>	<p>25</p> <p>FOR</p>	<p>26</p> <p>SPRING</p>	<p>27</p> <p>BREAK</p>	<p>28</p> <p>🌸🌸🌈🍓🌴🥥🍓🍓</p>
<p>31</p> <p>AM: Sunbutter 🍌 Apples 🍌</p> <p>LUNCH: Lentil Pasta 🍌 Peas & Cauliflower</p> <p>PM: Pineapple Rice Cakes 🍌</p>				<p>Key:</p> <p>🍌 = Made with most or all organic ingredients</p> <p>🍌 = Whole Grain</p> <p>🥥 = Homemade</p> <p>🥥 *Organic milk is offered at lunch to all ages over 1</p>