



# February 2026

## 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
<b>AM:</b> Cheese Tortillas <b>LUNCH:</b> Bean Chili Rice Broccoli <b>PM:</b> Oranges Bell Peppers	<b>AM:</b> Yogurt Granola <b>LUNCH:</b> Chicken Alfredo Potatoes Peas <b>PM:</b> Apples Triscuits	<b>AM:</b> Sunbutter Pancakes <b>LUNCH:</b> Sloppy Lenny's Cauliflower Sweet Potatoes <b>PM:</b> Pineapple Carrots	<b>AM:</b> Bananas Oatmeal <b>LUNCH:</b> Chickpea Curry Quinoa Broccoli <b>PM:</b> Cheese Rice Cakes	<b>6</b> Chef's Special!  To help reduce food waste we use Fridays to serve food we have left from the week!
<b>AM:</b> Peaches & Yogurt <b>LUNCH:</b> Mac-N-Cheese Green Beans Cauliflower <b>PM:</b> Rice Cakes Apples	<b>AM:</b> Cheese & Tortillas <b>LUNCH:</b> Chickpea Pea Salad Bread Sweet Potatoes <b>PM:</b> Granola Bananas	<b>AM:</b> Turkey Meatballs Cucumbers <b>LUNCH:</b> Veggie-Barley Soup Beans Zucchini <b>PM:</b> Bell Peppers & Oranges	<b>AM:</b> Eggs & Toast <b>LUNCH:</b> Taco Lentils Rice Green Beans Corn <b>PM:</b> Pineapple & Baked Crackers	<b>13</b> Chef's Special!
<b>AM:</b> Sunbutter Apples <b>LUNCH:</b> Grilled Cheese Barley-Tomato Soup Peas <b>PM:</b> Carrots  & Rice Cakes	<b>AM:</b> Eggs & Salsa <b>LUNCH:</b> Spiced Chickpeas Quinoa Green Beans & Sweet Potatoes <b>PM:</b> Pineapple & Triscuits	<b>AM:</b> Berries & Muffins <b>LUNCH:</b> Southwest Lentils (corn, tomatoes, seasoning) Tortilla Chips Lettuce <b>PM:</b> Cheese & Bananas	<b>AM:</b> Cottage Cheese Peaches <b>LUNCH:</b> Chicken-Potato Stew Rice Brussel Sprouts <b>PM:</b> Oranges & Granola	<b>20</b> Chef's Special!
<b>AM:</b> Pineapple Oatmeal <b>LUNCH:</b> Chickpea White Chili (bell peppers) Quinoa Peas <b>PM:</b> Cheese & Bread	<b>AM:</b> Turkey Meatballs Bananas <b>LUNCH:</b> Lentil Pasta Zucchini Corn <b>PM:</b> Peaches Rice Cakes	<b>AM:</b> Eggs Oranges <b>LUNCH:</b> Bean Quesadillas Cauliflower Green Beans <b>PM:</b> Cucumbers Red Lentil Dip	<b>AM:</b> Yogurt Apples <b>LUNCH:</b> Broccoli-Cheddar Soup Rice Potatoes <b>PM:</b> Mexican Pickled Carrots Baked Crackers	<b>27</b> Chef's Special!
				Key: = Made with most or all organic ingredients = Whole Grain = Homemade *Organic milk is offered at lunch to all ages over 1