



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
<p>2</p> <p>AM: Cheese Tortillas 🌱</p> <p>LUNCH: Bean Chili 🍲 Rice 🌱 Broccoli</p> <p>PM: Oranges Bell Peppers</p>	<p>3</p> <p>AM: Yogurt 🍌 Granola 🍌 🍲</p> <p>LUNCH: Chicken Alfredo 🍲 Potatoes Peas</p> <p>PM: Apples 🍏 Triscuits 🌱</p>	<p>5</p> <p>AM: Sunbutter 🍌 Pancakes 🍌 🍲</p> <p>LUNCH: Sloppy Lenny's 🍌 🍲 Cauliflower Sweet Potatoes</p> <p>PM: Pineapple Carrots 🍏</p>	<p>5</p> <p>AM: Bananas 🍌 Oatmeal 🍌 🍲</p> <p>LUNCH: Chickpea Curry 🍲 Quinoa 🌱 Broccoli</p> <p>PM: Cheese Rice Cakes 🍌 🌱</p>	<p>6</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>9</p> <p>AM: Peaches & Yogurt 🍌</p> <p>LUNCH: Mac-N-Cheese 🍲 Green Beans Cauliflower</p> <p>PM: Rice Cakes 🌱 Apples 🍏</p>	<p>10</p> <p>AM: Cheese & Tortillas 🌱</p> <p>LUNCH: Chickpea Pea Salad 🍲 Bread 🌱 Sweet Potatoes</p> <p>PM: Granola 🍌 🍲 Bananas 🍌</p>	<p>11</p> <p>AM: Turkey Meatballs 🍲 Cucumbers</p> <p>LUNCH: Veggie-Barley Soup 🍲 Beans Zucchini</p> <p>PM: Bell Peppers & Oranges</p>	<p>12</p> <p>AM: Eggs & Toast 🍌 🌱</p> <p>LUNCH: Taco Lentils 🍲 Rice 🌱 Green Beans Corn 🍌</p> <p>PM: Pineapple & Baked Crackers 🌱</p>	<p>13</p> <p>Chef's Special!</p>
<p>16</p> <p>AM: Sunbutter 🍌 Apples 🍏</p> <p>LUNCH: Grilled Cheese 🍌 Barley-Tomato Soup 🍲 Peas</p> <p>PM: Carrots 🍏 & Rice Cakes 🍌 🌱</p>	<p>17</p> <p>AM: Eggs & Salsa 🍌</p> <p>LUNCH: Spiced Chickpeas 🍌 Quinoa 🌱 Green Beans & Sweet Potatoes</p> <p>PM: Pineapple & Triscuits 🌱</p>	<p>18</p> <p>AM: Berries & Muffins 🍌 🍲</p> <p>LUNCH: Southwest Lentils 🍌 (corn, tomatoes, seasoning) Tortilla Chips 🌱 Lettuce</p> <p>PM: Cheese & Bananas 🍌</p>	<p>19</p> <p>AM: Cottage Cheese Peaches</p> <p>LUNCH: Chicken-Potato Stew 🍲 Rice 🌱 Brussel Sprouts</p> <p>PM: Oranges & Granola 🍌 🍲</p>	<p>20</p> <p>Chef's Special!</p>
<p>23</p> <p>AM: Pineapple Oatmeal 🍌 🍲</p> <p>LUNCH: Chickpea White Chili 🍲 (bell peppers) Quinoa 🌱 Peas</p> <p>PM: Cheese & Bread 🍌 🌱</p>	<p>24</p> <p>AM: Turkey Meatballs 🍲 Bananas 🍌</p> <p>LUNCH: Lentil Pasta 🍲 Zucchini Corn 🍌</p> <p>PM: Peaches Rice Cakes 🍌 🌱</p>	<p>25</p> <p>AM: Eggs Oranges</p> <p>LUNCH: Bean Quesadillas 🍌 Cauliflower Green Beans</p> <p>PM: Cucumbers Red Lentil Dip 🍌 🍲</p>	<p>26</p> <p>AM: Yogurt 🍌 Apples 🍏</p> <p>LUNCH: Broccoli-Cheddar Soup 🍲 Rice 🌱 Potatoes</p> <p>PM: <u>Mexican Pickled Carrots</u> 🍌 🍲 Baked Crackers 🌱</p>	<p>27</p> <p>Chef's Special!</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>