



May 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>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>			<p>1</p> <p>AM: Sunbutter Granola </p> <p>LUNCH: Cheese Pizza Peas & Olives</p> <p>PM: Carrots Baked Crackers </p>	<p>2</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>Cinco De Mayo 5</p> <p>AM: Yogurt Berries</p> <p>LUNCH: Bean Enchilada Casserole Corn Peas</p> <p>PM: Popsicles Triscuits </p>	<p>6</p> <p>AM: Turkey Meatballs Pineapple</p> <p>LUNCH: Lentil Sloppy Joes Sweet Potatoes Green Beans</p> <p>PM: Cucumbers Bananas </p>	<p>7</p> <p>AM: Quinoa Pudding Apples </p> <p>LUNCH: Spiced Chickpeas Rice Zucchini & Lettuce</p> <p>PM: Cheese Granola </p>	<p>8</p> <p>AM: Scrambled Eggs Oranges</p> <p>LUNCH: Mung-Bean/Pepper Salad Broccoli Barley </p> <p>PM: Pickled Carrots Rice Cakes </p>	<p>9</p> <p>Chef's Special!</p>
<p>12</p> <p>AM: Sunbutter Cucumbers</p> <p>LUNCH: Pozole (chicken, hominy) Rice Broccoli</p> <p>PM: Melon & Baked Crackers </p>	<p>13</p> <p>AM: Hummus Sandwiches </p> <p>LUNCH: Lentil Pasta Potatoes Peas</p> <p>PM: Apples Granola </p>	<p>14</p> <p>AM: Pickled Eggs Tortillas </p> <p>LUNCH: Cheesy Alfredo-Garlic Bread Green Beans Pineapple</p> <p>PM: Bananas Rice Cakes </p>	<p>15</p> <p>AM: Cottage Cheese Carrots </p> <p>LUNCH: Bean Salad (corn, tomatoes) Quinoa Bell Peppers</p> <p>PM: Popsicles & Triscuits </p>	<p>16</p> <p>Chef's Special!</p>
<p>19</p> <p>AM: Cheese Toast </p> <p>LUNCH: Lentils Barley Green Beans & Olives</p> <p>PM: Bell Peppers & Pineapple</p>	<p>20</p> <p>AM: Dill Yogurt Carrots </p> <p>LUNCH: Chickpea Curry Quinoa Cabbage</p> <p>PM: Rice Cakes & Popsicles </p>	<p>21</p> <p>AM: Turkey Meatballs Oranges</p> <p>LUNCH: Lemon Zucchini Pasta White Beans Corn </p> <p>PM: Melons & Triscuits </p>	<p>22</p> <p>AM: Pumpkin Pancakes Sunbutter </p> <p>LUNCH: Eggs & Tortillas Salsa Potatoes</p> <p>PM: Bananas Granola </p>	<p>23</p> <p>Chef's Special!</p>
<p>26</p> <p>CLOSED</p> <p>FOR</p> <p>MEMORIAL</p> <p>DAY</p> <p> </p>	<p>27</p> <p>AM: Muffins Sunbutter </p> <p>LUNCH: Chicken Alfredo Peas Cabbage</p> <p>PM: Bananas Bell Peppers</p>	<p>28</p> <p>Nat'l Burger Day</p> <p>AM: Eggs Oranges</p> <p>LUNCH: Black Bean Burgers Lettuce Tomatoes</p> <p>PM: Carrots Baked Crackers </p>	<p>29</p> <p>AM: Peaches Cheese</p> <p>LUNCH: Adas Polo ba Khorma (rice, lentils) Roasted Eggplant Broccoli</p> <p>PM: Chef's Special</p>	<p>30</p> <p>Chef's Special!</p> <p>PM: Popsicles Rice Cakes </p>