

Parkside's meals are home-made and prepared on-site within the required guidelines of the USDA. Feel free to check in with a classroom teacher, Dawn if you have any questions about those requirements. *Many components are subject to change based on availability. There will always be a comparable substitution when that happens! See the kitchen for any recorded substitutions for the day.*

Parkside Community Preschool

2023

April



Parkside is an equal opportunity provider and employer.

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">3</p> <p><u>Breakfast:</u> WG Oatmeal, Blueberries, Milk</p> <p><u>Lunch:</u> Spaghetti w/Meat Sauce, Spinach Salad, Applesauce, Milk</p> <p><u>Snack:</u> Seasoned Oyster Crackers, Craisins, Water</p>	<p style="text-align: right;">4</p> <p><u>Breakfast:</u> Biscuit and Jam, Banana, Milk</p> <p><u>Lunch:</u> HM Chicken Enchilada's, Corn, Apples, Milk</p> <p><u>Snack:</u> Yogurt, WG Granola, Water</p>	<p style="text-align: right;">5</p> <p><u>Breakfast:</u> WW French Toast, Raisins, Milk</p> <p><u>Lunch:</u> Egg Burritos, Broccoli, Banana, Milk</p> <p><u>Snack:</u> HM Hummus, Pita, Water</p>	<p style="text-align: right;">6</p> <p><u>Breakfast:</u> WG Cheerios, Apples, milk</p> <p><u>Lunch:</u> BBQ Chicken Sliders, Creamy coleslaw, Pineapple, Milk</p> <p><u>Snack:</u> HM Pumpkin Bars, Milk</p>	<p style="text-align: right;">7</p> <p><u>Breakfast:</u> Bagels, Oranges, Milk</p> <p><u>Lunch:</u> Turkey Meatballs, WW Dinner rolls, Green beans, Oranges, Milk</p> <p><u>Snack:</u> Graham Crackers, Milk</p>
<p style="text-align: right;">10</p> <p><u>Breakfast:</u> WG Couscous, Warm Apples, Milk</p> <p><u>Lunch:</u> Moroccan Lentils, WW Pita bread, Cucumbers, Cuties, Milk</p> <p><u>Snack:</u> HM Gingerbread, Milk</p>	<p style="text-align: right;">11</p> <p><u>Breakfast:</u> WW Cinnamon Toast, Oranges, Milk</p> <p><u>Lunch:</u> HM Chicken Noodle soup, Carrot slices, Banana, Milk</p> <p><u>Snack:</u> Egg Salad, WW Crackers, Water</p>	<p style="text-align: right;">12</p> <p><u>Breakfast:</u> WG Cram of Wheat, Banana, Milk</p> <p><u>Lunch:</u> Turkey Sloppy Joes, Creamy Coleslaw, Apples, Milk</p> <p><u>Snack:</u> HM Peach Biscuit, Milk</p>	<p style="text-align: right;">13</p> <p><u>Breakfast:</u> WW, HM Waffles, Blueberries, Milk</p> <p><u>Lunch:</u> Bean and Cheese Burrito, Corn, Oranges, Milk</p> <p><u>Snack:</u> Raisins, Pumpkin Seeds, Water</p>	<p style="text-align: right;">14</p> <p><u>Breakfast:</u> HM Pumpkin Muffin, Apples, Milk</p> <p><u>Lunch:</u> WW Tuna Melts, Pickles, Peaches, Milk</p> <p><u>Snack:</u> HM, WW, Zucchini bread, Milk</p>
<p style="text-align: right;">17</p> <p><u>Breakfast:</u> WG Cheerios, Apples, Milk</p> <p><u>Lunch:</u> Scrambled Eggs, WW Toast, Corn, Oranges, Milk</p> <p><u>Snack:</u> Cheese Sticks, Ritz Crackers,</p>	<p style="text-align: right;">18</p> <p><u>Breakfast:</u> WG, HM Granola, Banana, Milk</p> <p><u>Lunch:</u> Chicken Nuggets, Tator tots, Bread and Butter, Apples, Milk</p> <p><u>Snack:</u> Hummus, Pita Bread, Water</p>	<p style="text-align: right;">19</p> <p><u>Breakfast:</u> WW French Toast, Peaches, Milk</p> <p><u>Lunch:</u> Hamburgers, HM Cauliflower Tots, Banana, Milk</p> <p><u>Snack:</u> Tuna, WW Crackers, Water</p>	<p style="text-align: right;">20</p> <p><u>Breakfast:</u> Bagels, Oranges Milk</p> <p><u>Lunch:</u> Chicken and Cheese Burrito, Pea salad, Applesauce Milk</p> <p><u>Snack:</u> WW, HM Cheddar Muffins, Milk</p>	<p style="text-align: right;">21</p> <p><u>Breakfast:</u> Scrambled Eggs, Hashbrowns, Milk</p> <p><u>Lunch:</u> Cottage Cheese, WW Crackers, Carrot Sticks, Oranges, Milk</p> <p><u>Snack:</u> Goldfish, Raisins, and Water</p>
<p style="text-align: right;">24</p> <p><u>Breakfast:</u> WW Pancakes, Bananas, Milk</p> <p><u>Lunch:</u> WW Grilled Cheese Sandwiches, HM Tomato Soup, Apples, Milk</p> <p><u>Snack:</u> HM Trail Mix, Water</p>	<p style="text-align: right;">25</p> <p><u>Breakfast:</u> WG Cheerios, Raisins, Milk</p> <p><u>Lunch:</u> Turkey Tacos, Lettuce/Tomato, Oranges, Milk</p> <p><u>Snack:</u> Surprise Muffins, Milk</p>	<p style="text-align: right;">26</p> <p><u>Breakfast:</u> WG Cream of Wheat, Peaches, Milk</p> <p><u>Lunch:</u> HM Chicken teriyaki, Rice, Corn Craisins, Milk</p> <p><u>Snack:</u> Cottage Cheese, Pretzels, Water</p>	<p style="text-align: right;">27</p> <p><u>Breakfast:</u> WW Toast w/Jam, Oranges, Milk</p> <p><u>Lunch:</u> Mac-N-Chz w/ Ham, Peas, Banana, Milk</p> <p><u>Snack:</u> Herb Bagel Bites, Sliced Cheese, Water</p>	<p style="text-align: right;">28</p> <p><u>Breakfast:</u> WW, HM Banana Muffin, Apples, Milk</p> <p><u>Lunch:</u> Lasagna, Lettuce Salad, Pineapple, Milk</p> <p><u>Snack:</u> Roasted Garbanzo Beans, Craisins, Water</p>

WW = Whole Wheat WG = Whole Grain

All Milk is unflavored

Whole Milk = 1-2 year olds

Fat Free Milk = 2-5 year olds

HM = Homemade