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 or 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 or your classroom menu for any recorded substitutions for the day.*

Parkside Community Preschool

June 2022

Parkside is an equal opportunity provider and employer.

Mon	Tue	Wed	Thu	Fri
Closed all week due to Covid outbreak >>>>>>>>>>>>>>>>>>>>>>>>>>		1	2	3
6 **Breakfast:** Cinnamon Swirl Toast, Oranges, Milk **Lunch:** Cheese Quesadillas, Cucumbers, Mangos, Milk **Snack:** Cottage Cheese, Wheat Thins, Water	7 **Breakfast:** WG Oatmeal Squares, Apples, Milk **Lunch:** Chicken Sandwiches, Lettuce/Tomato, Watermelon, Milk **Snack:** Pretzels, Hummus, and Water	2-3 8 **Breakfast:** Cottage Oatmeal, Blueberries, Milk **Lunch:** Scrambled Eggs, WW English Muffins, Peas/ Carrots, Mangos, Milk **Snack:** String Cheese, Ritz Crackers, Water	9 **Breakfast:** Raisin English Muffins, Bananas, Milk **Lunch:** Cottage Cheese, Pita Slices (WW) Red Peppers, Pears. Milk **Snack:** WW Spiced Carrot Muffin Tops, Milk	10 **Breakfast:** WW Pancakes, Mixed Berries, Milk **Lunch:** BBQ Chicken Sliders, Carrots, Frozen Mango, Milk **Snack:** Graham Crackers, Milk
13 **Breakfast:** Bagels, Apples, Milk **Lunch:** Yogurt, WG Granola, Mixed Berries, Cucumbers, Milk **Snack:** Cinnamon Tortilla Rollups, Craisins, Water	14 **Breakfast:** WW Toast with jam, Oranges, Milk **Lunch:** Egg Burritos, Coleslaw, Pineapple, Milk **Snack:** HM, WW Zucchini Bread, Milk	3-4 15 **Breakfast:** Swiss Cottage Oatmeal (WG), Raisins, Milk **Lunch:** Chicken Salad Sandwiches, Peas, Pears, Milk **Snack:** Dry Roasted Garbanzo Beans (HM), Milk	16 **Breakfast:** Cheerios (WG), Bananas, Milk **Lunch:** Turkey Sandwiches (WW), Cauliflower tots (HM), Cantaloupe, Milk **Snack:** Trail Mix: Pumpkin Seeds & Chex Cereal (WG), Water	17 **Breakfast:** French Toast (WW), Blueberries, Milk **Lunch:** Tuna Melts (WW), Sliced Pickles, Apples, Milk **Snack:** Cheese Sticks, Pretzels, Water
20 **Breakfast:** Raisin English Muffins, Strawberries, Milk **Lunch:** Turkey & Cheese Tacos, Chopped Lettuce & Tomatoes, Oranges, Milk **Snack:** Oatmeal Squares Cereal (WG),	21 **Breakfast:** Life Cereal, Apples, Milk **Lunch:** Baked Chicken nuggets (HM), Cucumbers, Peaches, Toast (WW), Milk **Snack:** Sliced Cheese, Saltines, Water	4-1 22 **Breakfast:** Bagels, Mangos, Milk **Lunch:** Grilled Cheese Sandwiches (WW), Broccoli, Pears, Milk **Snack:** Graham Crackers, Milk	23 **Breakfast:** Pumpkin Bars (HM, WW), Bananas, Milk **Lunch:** Bean & Cheese Burritos, Carrots, Peaches, Milk **Snack:** Wheat Thins Crackers (WG), Hummus dip (HM), Water	24 **Breakfast:** Corn Flakes (WG), Oranges, Milk **Lunch:** Egg Salad Sandwiches, (WW), Baked Potato wedges, Applesauce, Milk **Snack:** Goldfish Crackers, Milk
27 **Breakfast:** Cheerios, Oranges, Milk **Lunch:** Egg Burritos, Carrots, Apples, Milk **Snack:** Yogurt, Granola (HM, WG), Water	28 **Breakfast:** Waffles (HM, WW), Berry Mix, Milk **Lunch:** Muffin Cheese Pizza (WW), Corn, Applesauce, Milk **Snack:** Craisins, Pretzels, Water	29 **Breakfast:** Banana Muffins (HM, WW), Pears, Milk **Lunch:** Tuna Sandwiches (WW), Pickles, Bananas, Milk **Snack:** Wheat Thins (WG), Cheese Stick, Water	30 **Breakfast:** Bagels (WW) w/cream cheese, Apples, Milk **Lunch:** Grilled Cheese Sandwiches (WW), Blueberries, Cucumbers, Milk **Snack:** Cottage Cheese, Ritz Crackers, Water	

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