

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
March



Parkside is an equal opportunity provider and employer.

Mon	Tue	Wed	Thu	Fri
<p>27</p> <p>Breakfast: WW Pancakes, Bananas, Milk</p> <p>Lunch: WW Grilled Cheese Sandwiches, HM Tomato Soup, Apples, Milk</p> <p>Snack: HM Trail Mix, Water</p>	<p>28</p> <p>Breakfast: WG Cheerios, Raisins, Milk</p> <p>Lunch: Turkey Tacos, Lettuce/Tomato, Oranges, Milk</p> <p>Snack: Surprise Muffins, Milk</p>	<p>1</p> <p>Breakfast: WG Cream of Wheat, Peaches, Milk</p> <p>Lunch: HM Chicken teriyaki, Rice, Corn Craisins, Milk</p> <p>Snack: Cottage Cheese, Pretzels, Water</p>	<p>2</p> <p>Breakfast: WW Toast w/Jam, Oranges, Milk</p> <p>Lunch: Mac-N-Chz w/ Ham, Peas, Banana, Milk</p> <p>Snack: Herb Bagel Bites, Sliced Cheese, Water</p>	<p>3</p> <p>Breakfast: WW, HM Banana Muffin, Apples, Milk</p> <p>Lunch: Lasagna, Lettuce Salad, Pineapple, Milk</p> <p>Snack: Roasted Garbanzo Beans, Craisins, Water</p>
<p>6</p> <p>Breakfast: WG Oatmeal, Blueberries, Milk</p> <p>Lunch: Spaghetti w/Meat Sauce, Spinach Salad, Applesauce, Milk</p> <p>Snack: Seasoned Oyster Crackers, Craisins, Water</p>	<p>7</p> <p>Breakfast: Biscuit and Jam, Banana, Milk</p> <p>Lunch: HM Chicken Enchilada's, Corn, Apples, Milk</p> <p>Snack: Yogurt, WG Granola, Water</p>	<p>8</p> <p>Breakfast: WW French Toast, Raisins, Milk</p> <p>Lunch: Egg Burritos, Broccoli, Banana, Milk</p> <p>Snack: HM Hummus, Pita, Water</p>	<p>9</p> <p>Breakfast: WG Cheerios, Apples, milk</p> <p>Lunch: BBQ Chicken Sliders, Creamy coleslaw, Pineapple, Milk</p> <p>Snack: HM Pumpkin Bars, Milk</p>	<p>10</p> <p>Breakfast: Bagels, Oranges, Milk</p> <p>Lunch: Turkey Meatballs, WW Dinner rolls, Green beans, Oranges, Milk</p> <p>Snack: Graham Crackers, Milk</p>
<p>13</p> <p>Breakfast: WG Couscous, Warm Apples, Milk</p> <p>Lunch: Moroccan Lentils, WW Pita bread, Cucumbers, Cuties, Milk</p> <p>Snack: HM Gingerbread, Milk</p>	<p>14</p> <p>Breakfast: WW Cinnamon Toast, Oranges, Milk</p> <p>Lunch: HM Chicken Noodle soup, Carrot slices, Banana, Milk</p> <p>Snack: Egg Salad, WW Crackers, Water</p>	<p>15</p> <p>Breakfast: WG Cram of Wheat, Banana, Milk</p> <p>Lunch: Turkey Sloppy Joes, Creamy Coleslaw, Apples, Milk</p> <p>Snack: HM Peach Biscuit, Milk</p>	<p>16</p> <p>Breakfast: WW, HM Waffles, Blueberries, Milk</p> <p>Lunch: Bean and Cheese Burrito, Corn, Oranges, Milk</p> <p>Snack: Raisins, Pumpkin Seeds, Water</p>	<p>17</p> <p>Breakfast: HM Pumpkin Muffin, Apples, Milk</p> <p>Lunch: WW Tuna Melts, Pickles, Peaches, Milk</p> <p>Snack: HM, WW, Zucchini bread, Milk</p>
<p>20</p> <p>Breakfast: WG Cheerios, Apples, Milk</p> <p>Lunch: Scrambled Eggs, WW Toast, Corn, Oranges, Milk</p> <p>Snack: Cheese Sticks, Ritz Crackers, Water</p>	<p>21</p> <p>Breakfast: WG, HM Granola, Banana, Milk</p> <p>Lunch: Chicken Nuggets, Tator tots, Bread and Butter, Apples, Milk</p> <p>Snack: Hummus, Pita Bread, Water</p>	<p>22</p> <p>Breakfast: WW French Toast, Peaches, Milk</p> <p>Lunch: Hamburgers, HM Cauliflower Tots, Banana, Milk</p> <p>Snack: Tuna, WW Crackers, Water</p>	<p>23</p> <p>Breakfast: Bagels, Oranges Milk</p> <p>Lunch: Chicken and Cheese Burrito, Pea salad, Applesauce Milk</p> <p>Snack: WW, HM Cheddar Muffins, Milk</p>	<p>24</p> <p>Breakfast: Scrambled Eggs, Hashbrowns, Milk</p> <p>Lunch: Cottage Cheese, WW Crackers, Carrot Sticks, Oranges, Milk</p> <p>Snack: Goldfish, Raisins, and 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