

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

May 2022

Parkside is an equal opportunity provider and employer.

Mon	Tue	Wed	Thu	Fri
2 Breakfast: Cheerios (WG), Oranges, Milk Lunch: Egg Burritos, Carrots, Apples, Milk Snack: Yogurt, Granola (HM, WG), Water	3 Breakfast: Waffles (HM WW), Berry Mix, Milk Lunch: WW Muffin Cheese Pizza, Corn, Applesauce, Milk Snack: Craisins, Pretzels, Water	1-2 4 Breakfast: Banana Muffins (HM, WW), Pears, Milk Lunch: Tuna Sandwiches, Pickles, Bananas, Milk Snack: Wheat Thins (WG) Cheese Stick, Water	5 Breakfast: Bagels w/cream cheese, Apples, Milk Lunch: Grilled Cheese Sandwiches (WW), Blueberries, Cucumbers, Milk Snack: Cottage Cheese, Ritz Crackers, Water	6 Breakfast: Granola (HM WG), Bananas, Milk Lunch: Chicken & Cheese Burritos, Broccoli, Peaches, Milk Snack: Goldfish, Raisins, Water
9 Breakfast: Warm Oatmeal (WG), Blueberry Banana mix, Milk Lunch: Turkey slices, Saltines, Cantaloupe, Red Peppers, Milk Snack: Hummus (HM), Pretzels, Water	10 Breakfast: WG Cheerios, Apples, Milk Lunch: Black Bean & Cheese Quesadillas, Green Beans, Pineapple, Milk Snack: HM Applesauce Bread, Milk	2-3 11 Breakfast: Cinnamon Swirl Toast, Raisins, Milk Lunch: Broccoli Frittata, Breadsticks, Oranges, Milk Snack: String Cheese, Wheat Thin Crackers, Water	12 Breakfast: Raisin English Muffins, Bananas, Milk Lunch: Cottage Cheese, Pita Slices (WW) Red Peppers, Pears, Milk Snack: WW Spiced Carrot Muffin Tops, Milk	13 Breakfast: WW Pancakes, Mixed Berries, Milk Lunch: BBQ Chicken Sliders, Carrots, Frozen Mango, Milk Snack: Graham Crackers, Milk
16 Breakfast: Bagels, Apples, Milk Lunch: Yogurt, WG Granola, Mixed Berries, Cucumbers, Milk Snack: Cinnamon Tortilla Rollups, Craisins, Water	17 Breakfast: WW Toast with jam, Oranges, Milk Lunch: Egg Burritos, Coleslaw, Pineapple, Milk Snack: HM, WW Zucchini Bread, Milk	3-4 18 Breakfast: Swiss Cottage Oatmeal (WG), Raisins, Milk Lunch: Chicken Salad Sandwiches, Peas, Pears, Milk Snack: Dry Roasted Garbanzo Beans (HM), Milk	19 Breakfast: Cheerios (WG), Bananas, Milk Lunch: Turkey Sandwiches (WW), Cauliflower tots (HM), Cantaloupe, Milk Snack: Trail Mix: Pumpkin Seeds & Chex Cereal (WG), Water	20 Breakfast: French Toast (WW), Blueberries, Milk Lunch: Tuna Melts (WW), Sliced Pickles, Apples, Milk Snack: Cheese Sticks, Pretzels, Water
23 Breakfast: Raisin English Muffins, Strawberries, Milk Lunch: Turkey & Cheese Tacos, Chopped Lettuce & Tomatoes, Oranges, Milk Snack: Oatmeal Squares Cereal (WG), Raisins, Water	24 Breakfast: Life Cereal, Apples, Milk Lunch: Baked Chicken nuggets (HM), Cucumbers, Peaches, Toast (WW), Milk Snack: Sliced Cheese, Saltines, Water	4-1 25 Breakfast: Bagels, Mangos, Milk Lunch: Grilled Cheese Sandwiches (WW), Broccoli, Pears, Milk Snack: Graham Crackers, Milk	26 Breakfast: Pumpkin Bars (HM, WW), Bananas, Milk Lunch: Bean & Cheese Burritos, Carrots, Peaches, Milk Snack: Wheat Thins Crackers (WG), Hummus dip (HM), Water	27 Breakfast: Corn Flakes (WG), Oranges, Milk Lunch: Egg Salad Sandwiches (WW), Baked Potato wedges, Applesauce, Milk Snack: Goldfish Crackers, Milk

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