

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 ~ ~ August 2022

Parkside is an equal opportunity provider and employer.

1	2	2-3	3	4	5
Breakfast: (WG) Cheerios, Oranges, Milk Lunch: Cheese Quesadillas, Cucumbers, Mangos, Milk Snack: Cottage Cheese, Wheat Thins, Water	Breakfast: (WG) Oatmeal Squares, Apples, Milk Lunch: Chicken Sandwiches, Lettuce/Tomato, Watermelon, Milk Snack: Pretzels, Hummus, Water	Breakfast: Cottage Oatmeal, Blueberries, Milk Lunch: Scrambled Eggs, WW English Muffins, Green Salad, Mangos, Milk Snack: Cheese Sticks, Ritz Crackers, Water	Breakfast: Raisin English Muffins, Bananas, Milk Lunch: Cottage Cheese, Pita Slices (WW) Red Peppers, Pears, Milk Snack: WW Spiced Carrot Muffin Tops, Milk	Breakfast: WW Pancakes, Mixed Berries, Milk Lunch: BBQ Chicken Sliders, Coleslaw Frozen Mango, Milk Snack: Graham Crackers, Milk	
8	9	3-4	10	11	12
Breakfast: Bagels, Apples, Milk Lunch: Yogurt, WG Granola, Mixed Berries, Cucumbers, Milk Snack: Cinnamon Tortilla Rollups, Craisins, Water	Breakfast: WW Toast w/jam, Oranges, Milk Lunch: Egg Burritos, Coleslaw, Pineapple, Milk Snack: HM, WW Zucchini Bread, Milk	Breakfast: Swiss Cottage Oatmeal (WG), Raisins, Milk Lunch: Chicken Salad Sandwiches, Pea Salad, Pears, Milk Snack: Dry Roasted Garbanzo Beans (HM), Milk	Breakfast: Cheerios (WG), Bananas, Milk Lunch: Turkey Sandwiches (WW), Cauliflower tots (HM), Cantaloupe, Milk Snack: Trail Mix: Pumpkin Seeds & Chex Cereal (WG), Water	Breakfast: French Toast (WW), Blueberries, Milk Lunch: Tuna Melts (WW), Sliced Pickles, Apples, Milk Snack: Cheese Sticks, Pretzels, Water	
15	16	4-1	17	18	19
Breakfast: Raisin English Muffins, Strawberries, Milk Lunch: Turkey/Cheese Tacos, Lettuce & Tomatoes, Oranges, Milk Snack: Oatmeal Squares Cereal (WG), Raisins, Water	Breakfast: Life Cereal, Apples, Milk Lunch: Baked Chicken nuggets (HM), Cucumbers, Peaches, Toast (WW), Milk Snack: Sliced Cheese, Saltines, Water	Breakfast: Bagels, Mangos, Milk Lunch: Grilled Cheese Sandwiches (WW), Broccoli, Pears, Milk Snack: Graham Crackers, Milk	Breakfast: Pumpkin Bars (HM, WW), Bananas, Milk Lunch: Bean & Cheese Burritos, Carrots, Peaches, Milk Snack: Wheat Thins Crackers (WG), Hummus dip (HM), Water	Breakfast: Corn Flakes (WG), Oranges, Milk Lunch: Egg Salad Sandwiches, (WW), Baked Potato wedges, Applesauce, Milk Snack: Goldfish Crackers, Milk	
22	23	1-2	24	25	26
Breakfast: Cheerios, Oranges, Milk Lunch: Egg Burritos, Carrots, Apples, Milk Snack: Yogurt, Granola (HM, WG), Water	Breakfast: Waffles (HM, WW), Berry Mix, Milk Lunch: Muffin Cheese Pizza (WW), Pea Salad, Applesauce, Milk Snack: Craisins, Pretzels, Water	Breakfast: Banana Muffins (HM, WW), Pears, Milk Lunch: Tuna Sandwiches (WW), Pickles, Bananas, Milk Snack: Wheat Thins (WG), Cheese Stick, Water	Breakfast: Bagels (WW) w/cream cheese, Apples, Milk Lunch: Grilled Cheese Sandwiches (WW), Blueberries, Cucumbers, Milk Snack: Cottage Cheese, Ritz Crackers, Water	Breakfast: Granola (HM, WG), Bananas, Milk Lunch: Chicken & Cheese Burritos, Broccoli, Peaches, Milk Snack: Goldfish, Raisins, Water	
Monday	29	Tuesday	30	2-3	Wednesday
Breakfast: (WG) Cheerios, Oranges, Milk Lunch: Cheese Quesadillas, Cucumbers, Mangos, Milk Snack: Cottage Cheese, Wheat Thins, Water	Breakfast: (WG) Oatmeal Squares, Apples, Milk Lunch: Chicken Sandwiches, Lettuce/Tomato, Watermelon, Milk Snack: Pretzels, Hummus, Water	Breakfast: Cottage Oatmeal, Blueberries, Milk Lunch: Scrambled Eggs, WW English Muffins, Green Salad, Mangos, Milk Snack: Cheese Sticks, 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