Parkside Lunch Menu
September 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Popcorn Chicken & Biscuit **Mashed Potatoes** **Broccoli Florrets**	1 Cheese Quesadilla **Steamed Corn** **Salsa**	2 Chicken Patty on a Bun **Steamed Broccoli** **Cucumbers**	3 **Breakfast for Lunch:** Mini Pancakes & Cheese Omelet **Tri-Taters** **Mandarin Spring Salad**	4
Daily Offerings: Ham & Cheese Sandwich				
7 	8 Beef Soft Tacos **Refried Beans** **Lettuce & Tomato**	9 Egg & Cheese Croissant **Glazed Carrots** **Broccoli Salad**	10 Hot Dog on a Bun **Curly Fries** **Cucumbers**	11 Pepperoni Pizza **Honey Cinnamon Sweet Potato** **Corn Salad**
Daily Offerings: Italian Hoagie				
14 Breaded Chicken Tenders w/ Mini Waffles **Crinkle Cut Fries** **Chickpea Salad**	15 Walking Taco with Pretzel Stick **Seasoned Black Beans** **Tomato Salad**	16 Chicken Alfredo over Penne with Breadstick **Steamed Broccoli** **Cucumbers**	17 Toasted Cheese Sandwich (V) **Tomato Soup** **Green Pepper Strips**	18 Pizza Crunchers **Steamed Green Beans** **Broccoli Florets**
Daily Offerings Ham & Cheese Sandwich				
21 Orange Chicken over Brown Rice **Steamed Broccoli** **Cucumber Slices**	22 Cheeseburger on a Bun **Golden Corn** **Strawberry Spinach Salad**	23 French Toast Sticks with Sausage Links **Tri-Taters** **Cherry Tomatoes**	24 Mac & Cheese with Dinner Roll **Steamed Garden Peas** **3-Bean Salad**	25 Cheese Pizza **Mixed Vegetables** **Carrot & Raisin Salad**
Daily Offerings: Turkey & Cheese Hoagie				
28 Popcorn Chicken w/ Dinner Roll **Steamed Broccoli** **Chickpea Salad**	29 Beef Enchilada **Seasoned Black Beans** **Corn Salad**	30 Ham, Egg & Cheese on Croissant **Hash Brown Potato** **Fresh Cucumber Slices**	**Daily Alternates** **PB & J Craveable** Uncrustable, Cheese Stick, Goldfish & Apple Slices **Yogurt Craveable** Danimals Yogurt, Cheese Stick, Goldfish & Apple Slices	
Daily Offerings: Italian Hoagie				

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Students may choose two ½ cup servings.
Milk Selections: 1% White Milk & Fat-Free Chocolate Milk

Lunch Prices

Student	$3.15
Adult	$4.85

(V)	Vegetarian
(VG)	Vegan
(GF)	Gluten-Free
(H)	Halal

Metz
CULINARY MANAGEMENT
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