

Orders must be placed between:

Tuesday, February 6 to Tuesday, February 20

Please pre-order lunches online at orgsonline.com

Our school code is 327PPSMN
(for more detailed directions, please see the link on Parnassusprep.com/parents page).

Orders are placed monthly. Orders must be placed by the due date.

If you do not have computer access, please contact the office at 763-496-1416.

Please highlight your child/children's menu choice and post the menu calendar somewhere that you and your child can reference your order choice.

Breakfast.....\$2.10
Lunch.....\$3.85
Milk Only.....\$0.50

Please pay for lunches:

- Online through the parent portal on Infinite Campus (there is a \$1 per transaction fee)
- Checks made payable to Parnassus with name of student and 'lunch' noted on the memo line
- Cash in an envelope with name of student and 'lunch' noted on the envelope

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, eggs, soybean, and other products.

This institution is an equal opportunity provider.

Our Commitment
"Healthy Food, Healthy Message"
We provide wholesome, delicious, real food that helps teach the right message to children.

ANY QUESTIONS? CONTACT:
School Office @ 763-496-1416 ext 247 or
DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com

Parnassus
HOT LUNCH

March 2018

Prices: Student - \$3.85, Adult - \$4.80; Ala Carte Milk - \$.50

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entrée
Fresh Green Salad - Garden, Caesar, Spinach Mix, Oriental, OR Mediterranean w/ Dressing/Dip
AND/OR
Fresh Vegetables - Carrots, Broccoli, Cucumbers, OR Celery
Fresh Fruit - Apple, Orange, OR Banana
Variety of Milk, including Skim
Salad Toppings - Shredded Cheese, Trail Mix, CROUTONS, CROSTINI, Noodles, Mandarins, Oranges, Raisins, OR Sunflower Seeds



Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Meatball Hoagie Potato Salad Salad, Fruit, Milk VEG - Egg Salad Sub	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Alfredo	Beef & Bean Chili Tortilla Chips Salad, Veggies, Fruit, Milk VEG - Three Bean Chili	Beef Enchilada Bake Black Beans & Roll Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk ALT - Same
Vegetable Beef Soup Corn Muffin Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk ALT - Same	BBQ Chicken Leg Steamed Corn & Biscuit Veggies, Fruit, Milk VEG - Multi-Cheese on Bun	Soft Shell Beef Taco Refried Beans Salad, Fruit, Milk VEG - Cheese Quesadilla	Cheesy Lasagna Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same
12th	13th	14th	15th	16th
19th	20th	21st	22nd	23rd
Chicken Vegetable Soup Dinner Roll Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup	Pasta w/ Meatballs Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Teriyaki Chicken Leg Steamed Corn & Biscuit Salad, Fruit, Milk VEG - Egg Salad Sub	Soft Shell Turkey Taco Baked Beans Salad, Veggies, Fruit, Milk VEG - Santa Fe Cheese Wrap	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
26th	27th	28th	29th	30th
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break

SANDWICH OF THE DAY

Sides - Carrot Slaw, Potato Salad, Veggie Pack & Bean Dip, Veggie Pack & Hummus Dip OR Deli Colelaw
Other Sides - Salad and/or Veggies, Fruit, Milk

Turkey Ham & Cheese Bagel ALT - Multi-Cheese Bagel	Southwest Chicken Wrap ALT - Southwest Cheese Wrap	Turkey Salami & Cheese Sand ALT - Multi-Cheese Sand	Chicken Salad Wrap ALT - Egg Salad Wrap	Deli Sub ALT - Multi-Cheese Sub
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BREAKFAST

Breakfast Loaf String Cheese Fruit, Juice, Milk	Fruit Yogurt w/ Granola Fruit, Juice, Milk	Breakfast Cereal String Cheese Fruit, Milk	Assorted Muffins Fruit Yogurt Fruit, Juice, Milk	Cereal Bar String Cheese Fruit, Juice, Milk
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AFTER SCHOOL PROGRAM - SNAACK

Muffin-Gran Bar Fruit Juice	Animal Crackers Fruit Juice	Sun Chips Fruit Juice	Oatmeal Bar Fruit Juice	Pretzels Fruit Juice
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