

Orders must be placed between:

Thursday, March 8 to Sunday, March 25

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, egg, 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

April 2018

HOT LUNCH

Prices: Student - \$3.85, Adult - \$4.80; Ala Carte Milk - \$0.50

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 Veggies - Carrots, Broccoli, Cucumbers, OR Celery
 Salad Toppings - Shredded Cheese, Trail Mix, Croutons, Chowmein Noodles, Mandarin Oranges, Raisins, OR Sunflower Seeds
 Fresh Fruit - Apple, Orange, OR Banana
 Variety of Milk, including Skim

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Vegetable Beef Stew Corn Muffin Salad, Veggies, Fruit, Milk VEG - Three Bean Chili	Chicken Mostaccioli Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli	Meatball Hoagie Potato Salad Veggies, Fruit, Milk VEG - Multi-Cheese Hoagie	Santa Fe Chicken Wrap Refried Beans Salad, Veggies, Fruit, Milk VEG - Santa Fe Cheese Wrap	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same
9th	10th	11th	12th	13th
White Chicken Chili Southern Biscuit Salad, Veggies, Fruit, Milk VEG - White Bean Chili	Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Chicken Kofta Brown Rice Salad, Veggies, Fruit, Milk VEG - Hummus w/ Chips	Beef Enchilada Bake Black Beans & Roll Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Buffalo Chicken Sandwich Potato Wedges Salad, Fruit, Milk VEG - Italian Cheese Hoagie
16th	17th	18th	19th	20th
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	Chicken Fajita Wrap Pinto Beans Veggies, Fruit, Milk VEG - Cheese Burrito	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
23rd	24th	25th	26th	27th
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	Italian Chicken Sub Deli Coleslaw Salad, Fruit, Milk VEG - Egg Salad Sub
30th	 <p>Done Right Food School & Event Catering Services</p>			
Chicken Vegetable Soup Dinner Roll Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup				

SANDWICH OF THE DAY

Sides - Carrot Slaw, Potato Salad, Veggie Pack & Bean Dip, Veggie Pack & Hummus Dip OR Deli Coleslaw
 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 - SNACK

Multi-Grain Bar Fruit Juice	Animal Crackers Fruit Juice	Sun Chips Fruit Juice	Oatmeal Bar Fruit Juice	Pretzels Fruit Juice
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