

**Orders must be placed between:**

**Monday, July 16 to Monday, August 13**

**Please pre-order lunches online at [orgsonline.com](http://orgsonline.com)**

Our school code is **327PPSMN**

(for more detailed directions, please see the link on [Parnassusprep.com/parents](http://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](http://www.donerightfood.com)

# Parnassus

## August 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, OR Oriental w/ Dressing/Dip

#### AND/OR

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1st	2nd	3rd
		Summer Break	Summer Break	Summer Break
6th	7th	8th	9th	10th
Summer Break	Summer Break	Summer Break	Summer Break	Summer Break
13th	14th	15th	16th	17th
Summer Break	Summer Break	Summer Break	Summer Break	Summer Break
20th	21st	22nd	23rd	24th
Italian Pasta w/ Meatsauce Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheesy Alfredo	Santa Fe Chicken Wrap Refried Beans Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	BBQ Beef on Bun Potato Wedges Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
27th	28th	29th	30th	31st
BBQ Meatball Hoagie Baked Beans Salad, Fruit, Milk VEG - Egg Salad Sub	Soft Shell Chicken Taco Steamed Rice Salad, Veggies, Fruit, Milk VEG - Cheese Burrito	Beef Enchilada Bake Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Chicken Philly Hoagie Roasted Potatoes Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same
<b>SANDWICH OF THE DAY</b>				
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
<b>BREAKFAST</b>				
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
<b>AFTER SCHOOL PROGRAM - SNACK</b>				
Multi-Grain Bar Fruit Juice	Animal Crackers Fruit Juice	Sun Chips Fruit Juice	Oatmeal Bar Fruit Juice	Pretzels Fruit Juice