

Orders must be placed between:

Monday, July 16 to Monday, August 27

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

September 2018

HOT LUNCH

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

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entree
 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
3rd	4th	5th	6th	7th
Labor Day	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	BBQ Beef on Bun Potato Wedges Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Chicken Fajita Wrap Pinto Beans Salad, Fruit, Milk VEG - Cheese Burrito	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
10th	11th	12th	13th	14th
Buffalo Chicken on Bun Deli Coleslaw Salad, Fruit, Milk VEG - Egg Salad Sub	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same	Teriyaki Chicken Leg Corn Salad & Biscuit Salad, Fruit, Milk VEG - Egg Salad Sub	Beef & Cheese Nachos Chips & Refried Beans Salad, Fruit, Milk VEG - Cheese Nachos	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Same
17th	18th	19th	20th	21st
White Chicken Chili Southern Biscuit Salad, Veggies, Fruit, Milk VEG - White Bean Chili	Swedish Meatballs w/ Pasta Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Tofu Stroganoff w/ Pasta	Soft Shell Turkey Taco Baked Beans Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	BBQ Chicken Leg Steamed Corn & Roll Salad, Fruit, Milk VEG - Egg Salad Sub	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
24th	25th	26th	27th	28th
BBQ Meatball Hoagie Pinto Beans Salad, Fruit, Milk VEG - Egg Salad Sub	Chicken Mostaccioli Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli	Salisbury Steak Mashed Potatoes & Biscuit Salad, Fruit, Milk VEG - Multi-Cheese Sand	Soft Shell Chicken Taco Steamed Rice Salad, Veggies, Fruit Milk VEG - Cheese Burrito	No School

Done Right Food
 School & Event Catering Services



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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