

Orders must be placed between:

Thursday, October 4 to Friday, October 19

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

November 2018

HOT LUNCH

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, 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
			Chicken Alfredo Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
5th	6th	7th	8th	9th
Beef Enchilada Bake Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Santa Fe Chicken Wrap Refried Beans Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	BBQ Beef on Bun Roasted Potatoes Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Soft Shell Chicken Taco Steamed Rice Salad, Veggies, Fruit Milk VEG - Cheese Burrito	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same
12th	13th	14th	15th	16th
White Chicken Chili Southern Biscuit Salad, Veggies, Fruit, Milk VEG - White Bean Chili	Swedish Meatballs w/ Pasta Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Soft Shell Turkey Taco Pinto 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
19th	20th	21st	22nd	23rd
Meatball Hoagie Deli Coleslaw Salad, Veggies, Fruit, Milk VEG - Egg Salad Sub	Soft Shell Beef Taco Steamed Rice Salad, Veggies, Fruit, Milk VEG - Cheese Burrito	No School	No School	No School
26th	27th	28th	29th	30th
Vegetable Beef Soup Corn Muffin Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup	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 - Santa Fe Cheese Wrap	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
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
BREAKFAST				
Breakfast Loaf String Cheese Fruit, Juice, Milk	Fruit Yogurt w/ Granola Fruit, Juice, Milk	Breakfast Cereal String Cheese Fruit, Milk	Assorted Muffins Fruit, Juice, Milk	Cereal Bar String Cheese Fruit, Juice, Milk
AFTER SCHOOL PROGRAM - SNACK				
Multi-Grain Bar Fruit Juice	Animal Crackers Fruit Juice	Sun Chips Fruit Juice	Oatmeal Bar Fruit Juice	Pretzels Fruit Juice