

Orders must be placed between:

Thursday, March 7 to Monday, 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 2019

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	4th	5th
BBQ Chicken on Bun Baked Beans Salad, Veggies, Fruit, Milk VEG - Italian Cheese Hoagie	Italian Pasta w/ Meatballs Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	BBQ Chicken Leg Mashed Potatoes & Biscuit Salad, Fruit, Milk VEG - Egg Salad Sub	Turkey & Cheese Nachos Spanish Rice Salad, Veggies, Fruit, Milk VEG - Cheese Burrito	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Same
8th	9th	10th	11th	12th
Hamburger Salad, Veggies, Fruit, Milk VEG - White Bean Chili w/ Biscuit	Swedish Meatballs w/ Pasta Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Turkey Hot Dog Pinto Beans Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	Teriyaki Chicken Leg Steamed Corn & Roll Salad, Fruit, Milk VEG - Egg Salad Sub	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
15th	16th	17th	18th	19th
BBQ Chicken on Bun Baked Beans Salad, Fruit, Milk VEG - Egg Salad on Bun	Chicken Strips Steamed Corn & Roll Salad, Fruit, Milk VEG - Multi-Cheese Sand	Chicken Enchilada Bake Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Soft Shell Chicken Taco Spanish Rice Salad, Veggies, Fruit Milk VEG - Cheese Burrito	No School
22nd	23rd	24th	25th	26th
No School	Chicken & Cheese Nachos Pinto Beans Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	Chicken Philly Hoagie Potato Wedges Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Italian Chicken Sub Salad, Veggies, Fruit, Milk VEG - Cheesy Breadsticks & Marinara Sauce
29th	30th			
Turkey Hot Dog Corn Salad Salad, Veggies, Fruit, Milk VEG - Cheese Burrito	Turkey Enchilada Bake Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake			

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, Juice, Milk	Assorted Muffins Fruit, Juice, Milk	Cereal Bar String Cheese Fruit, 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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