

Orders must be placed between:

Thursday, July 25 to Friday, August 16

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


August 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
			Summer Break	Summer Break
5th	6th	7th	8th	9th
Summer Break	Summer Break	Summer Break	Summer Break	Summer Break
12th	13th	14th	15th	16th
Summer Break	Summer Break	Summer Break	Summer Break	Summer Break
19th	20th	21st	22nd	23rd
Summer Break	Summer Break	Summer Break	Summer Break	Summer Break
26th	27th	28th	29th	30th
Summer Break	Summer Break	Cheeseburger Deli Coleslaw Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Meatball Hoagie Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same

SANDWICH OF THE DAY

Sides - Baked Beans, Potato Wedges, Pinto Beans, Roasted Potatoes, Mashed Potatoes, Deli Coleslaw, Carrot Slaw, Corn Salad, or Steamed Corn
 Other Sides - Salad and/or Veggies, Fruit, Milk

Turkey Ham & Cheese Bagel	Southwest Chicken Wrap	Turkey Salami & Cheese Sand	Chicken Salad Wrap	Deli 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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