

**Orders must be placed between:**

**Thursday, October 3 to Thursday, October 24**

**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

## November 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  |
|---|--|--|---|---|
|    |  |  |   | 1   |
|   |  |  |   | No School   |
| 4   | 5  | 6  | 7   | 8   |
| Turkey Hot Dog<br>Salad, Veggies, Fruit, Milk<br>VEG - White Bean Chili & Biscuit   | Italian Pasta w/ Meatsauce<br>Dinner Roll<br>Salad, Veggies, Fruit, Milk<br>VEG - Cheesy Pasta   | Chicken Strips<br>Steamed Corn & Roll<br>Salad, Fruit, Milk<br>VEG - Egg Salad Sub                       | Soft Shell Beef Taco<br>Pinto Beans<br>Salad, Fruit, Milk<br>VEG - Santa Fe Cheese Wrap       | Mac & Cheese<br>Soft Breadstick<br>Salad, Veggies, Fruit, Milk<br>VEG - Same        |
| 11  | 12   | 13   | 14  | 15  |
| Salisbury Steak<br>w/ Mashed Potatoes & Roll<br>Salad, Fruit, Milk<br>VEG - Italian Cheese Hoagie   | Tandoori Chicken<br>Yellow Rice<br>Salad, Veggies, Fruit, Milk<br>VEG - Hummus w/ Chips          | Italian Pasta w/ Meatballs<br>Soft Breadstick<br>Salad, Veggies, Fruit, Milk<br>VEG - Cheese Mostaccioli | Soft Shell Chicken Taco<br>Pinto Beans<br>Salad, Fruit, Milk<br>VEG - Santa Fe Cheese Wrap    | Cheesy Breadsticks<br>& Marinara Sauce<br>Salad, Veggies, Fruit, Milk<br>VEG - Same |
| 18  | 19   | 20   | 21  | 22  |
| BBQ Beef on Bun<br>Roasted Potatoes<br>Salad, Fruit, Milk<br>VEG - Italian Cheese Hoagie  | Italian Sloppy Joe<br>Salad, Veggies, Fruit, Milk<br>VEG - Cheese Enchilada Bake                 | Swedish Meatballs<br>w/ Pasta & Roll<br>Salad, Veggies, Fruit, Milk<br>VEG - Egg Salad on Bun            | Chicken & Cheese Nachos<br>Baked Beans<br>Salad, Veggies, Fruit, Milk<br>VEG - Cheese Burrito | Mac & Cheese<br>Soft Breadstick<br>Salad, Veggies, Fruit, Milk<br>VEG - Same        |
| 25  | 26   | 27   | 28  | 29  |
| BBQ Meatball Hoagie<br>Baked Chips<br>Salad, Fruit, Milk<br>VEG - Multi-Cheese Sand   | Teriyaki Chicken Leg<br>w/ Steamed Rice<br>Salad, Veggies, Fruit, Milk<br>VEG - Egg Salad on Bun | No School  | No School   | No School   |
| <b>SANDWICH OF THE DAY</b>  |  |  |   |   |
| Sides - Baked Beans, Potato Wedges, Pinto Beans, Roasted Potatoes, Potato Salad, Deli Coleslaw, Carrot Slaw, Corn Salad, or Steamed Corn<br>Other Sides - Salad and/or Veggies, Fruit, Milk |  |  |   |   |
| Turkey Ham & Cheese Bagel   | Southwest Chicken Wrap   | Turkey Salami & Cheese Sand  | Chicken Salad Wrap  | Deli Sub  |
| <b>BREAKFAST</b>  |  |  |   |   |
| Breakfast Loaf<br>String Cheese<br>Fruit, Juice, Milk   | Fruit Yogurt<br>w/ Granola<br>Fruit, Juice, Milk   | Breakfast Cereal<br>String Cheese<br>Fruit, Juice, Milk  | Assorted Muffins<br>Fruit, Juice, Milk  | Cereal Bar<br>String Cheese<br>Fruit, Milk  |
| <b>AFTER SCHOOL PROGRAM - SNACK</b>   |  |  |   |   |
| Multi-Grain Bar<br>Fruit Juice  | Animal Crackers<br>Fruit Juice   | Sun Chips<br>Fruit Juice   | Oatmeal Bar<br>Fruit Juice  | Pretzels<br>Fruit Juice   |