

Orders must be placed between:

Friday, March 6 to Friday, March 20

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 2020

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	2	3
		Beef Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Lasagna	Chicken Curry w/ Steamed Rice Salad, Veggies, Fruit, Milk VEG - Hummus w/ Chips	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same
6	7	8	9	10
No School	No School	No School	No School	No School
13	14	15	16	17
Chicken & Cheese Nachos Pinto Beans Salad, Fruit, Milk VEG - Bean & Cheese Burrito	Meatball Hoagie Baked Chips Salad, Veggies, Fruit, Milk VEG - Multi-Cheese Sandwich	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Turkey Enchilada Bake Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Same
20	21	22	23	24
Cheeseburger Potato Wedges Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Beef & Cheese Nachos Pinto Beans Salad, Fruit, Milk VEG - Bean & Cheese Burrito	Teriyaki Chicken Leg w/ Steamed Rice Salad, Veggies, Fruit, Milk VEG - Egg Salad on Bun	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
27	28	29	30	
Turkey Corn Dog Baked Beans Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	Cheese Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Same	Salisbury Steak w/ Steamed Corn & Biscuit Salad, Fruit, Milk VEG - Cheese Quesadilla	Chicken Enchilada Bake Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	

SANDWICH OF THE DAY

Sides - Baked Beans, Potato Wedges, Pinto Beans, Roasted Potatoes, Potato Salad, 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, 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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