

This institution is an equal opportunity provider

Menu Info	Name : Parnassus Academy K-4 Lunch Menu w Salad Bar				Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads			
	Age Group : K-5				Meal : Lunch			
					Meal Pattern : SSO			

	Monday, August 2, 2021	Tuesday, August 3, 2021	Wednesday, August 4, 2021	Thursday, August 5, 2021	Friday, August 6, 2021
Week III					
Hot Meal					
Hot Veg					
Cold					

	Monday, August 9, 2021	Tuesday, August 10, 2021	Wednesday, August 11, 2021	Thursday, August 12, 2021	Friday, August 13, 2021
Week IV					
Hot Meal					
Hot Veg					
Cold					

	Monday, August 16, 2021	Tuesday, August 17, 2021	Wednesday, August 18, 2021	Thursday, August 19, 2021	Friday, August 20, 2021
Week V					
Hot Meal					
Hot Veg					
Cold					

	Monday, August 23, 2021	Tuesday, August 24, 2021	Wednesday, August 25, 2021	Thursday, August 26, 2021	Friday, August 27, 2021
Week VI					
Hot Meal		<b>Build Your Own Cheesy Nachos</b> Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips, Sour Cream & Cilantro  Salad Bar  Banana	<b>Classic Hamburger</b> Fresh Bakery Bun, Ketchup & Pickles  Salad Bar  Chilled Grapes  Elf Grahams	<b>Chicken Enchilada Rice Bowl</b> Brown Rice w/ Seasoned Chicken  Shred Cheese & CKC Boom Sauce  Salad Bar  Seasonal Melon	<b>Swedish Meatballs</b> WG Dinner Roll  Cheddar Goldfish  Salad Bar  Fruited Applesauce
Hot Veg		<b>Veggie TexMex Wrap</b>	<b>Garden Burger</b>	<b>Cheese Quesadilla</b>	<b>Swedish Veggie Patty</b>
Cold		Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun

	Monday, August 30, 2021	Tuesday, August 31, 2021	CKC Chef Spotlight - CKC Chef Najil Bagdadi ( A Recipe & Some Background)		
Week I	<b>Crispy Louisiana Chicken Bun</b>	<b>All Beef Hot Dog</b>	<p>Chef Naj's Guacamole Wisdom (Chef Naj's Guacamole Recipe on Page 2)</p> <p>" I love guacamole (guac), when done right. A great condiment or great by itself with some chips. What I don't like is under seasoned, bland guac that looks beautiful but underwhelming the moment you taste it. The below recipe was my response to that experience happening TOO MANY TIMES.</p> <p>Being married to a Mexican, I've acquired several recipes over the years. Some I learned from my wife, some are improved versions, some I developed myself for family functions. This recipe is the only one I had before I met my wife. I make this for family events all the time for my in-laws and I often hear, "best guac ever" when I bring it. Always a hit. "</p> <p>- Chef Naj</p>		
Hot Meal	WG Bun, Pickle Rounds w/ CKC New Orleans Sauce  Sun Chips  Salad Bar & Crisp Varietal Apple	WG Bun, Ketchup & Mustard  Cool Ranch Doritos  Salad Bar  Banana			
Hot Veg	<b>Louisiana Veggie Burger</b>	<b>Grilled Cheese Sandwich</b>			
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun			

Hot Veg, Cold meals are served with vegetables and fruit of the day

Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

\*Skim and 1% milk choices offered daily.  
\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

**Guacamole - Chef Naj's Recipe**

Ingredients	Yield : 6 Cups	Steps
<ul style="list-style-type: none"> <li>- 5 avocados</li> <li>- 3 jalapenos (seeds taken out)</li> <li>- 1/2 yellow onion</li> <li>- 4 whole ripe limes</li> <li>- 1 can of chipotle peppers. Use only the juice, discard the whole peppers.</li> <li>- 2 tsp cumin</li> <li>- 1 tsp chili powder</li> <li>- 3 cloves raw garlic</li> </ul>	<ul style="list-style-type: none"> <li>- 2 tsp tajin seasoning</li> <li>- 1 cup sliced cilantro (use a sharp knife, bunch up the cilantro with your fingers and slice using the length of the blade so you're cutting the cilantro instead of pulverizing it into grass clippings)</li> <li>- 1 tbsp. of salt to start, add more if desired at the end.</li> </ul>	<ul style="list-style-type: none"> <li>- Dice garlic, onion and jalapeno. Combine in a small bowl w/ salt and lime to macerate, let sit while doing other steps.</li> <li>- Cut avocados in half, remove cores and crisscross cut while still in the skin. Cuts should be 1 inch thick so when you scoop out with a spoon you have little avocado cubes.</li> <li>- Scoop avocado cubes into mixing bowl, add the rest of your ingredients including macerated mix from step 1. Thoroughly mix with fork or gloved hand. I prefer to leave a little chunky, but you can make smoother if desired. Taste and add more salt and lime if you prefer, sometimes I do.</li> </ul>

Menu Info						September 2021 Menu (Subject to Change)									
						Wednesday, September 1, 2021		Thursday, September 2, 2021		Friday, September 3, 2021					
Week I						<b>Chicken Biryani w/Yogurt Sauce</b>		<b>Burrito Bowl</b>		<b>Sweet &amp; Sour Chicken</b>					
Hot Meal						Salad Bar Lemon Blueberry Crisps Fruited Applesauce		Brown Rice topped w/Seasoned Beef Shred Cheese, CKC Youza Sauce Salad Bar Chilled Grapes		Steamed Seasoned Brown Rice Salad Bar Fresh Citrus Fruit					
Hot Veg						Wild Mikes Cheese Bites		Bean & Cheese Burrito		Sweet & Sour Veggie Nuggets Bowl					
Cold						Chicken Caesar Wrap		Chicken & Cheese Torta Sandwich		Banh Mi Chicken Sandwich w/Sauce					
						Monday, September 6, 2021		Tuesday, September 7, 2021		Wednesday, September 8, 2021		Thursday, September 9, 2021		Friday, September 10, 2021	
Week II	<b>Golden Corn Dog w/ Ketchup</b>		<b>Yahya! Boneless Chicken Wings</b>			<b>Meatball Sub w/Mozzarella</b>			<b>Brunch Lunch</b>			<b>Tex Mex Wrap</b>			
Hot Meal	Salad Bar Crisp Varietal Apple		Honey Mustard Salad Bar Vanilla Chat Snax Banana			Salad Bar Mixed Berry Animal Crackers Chilled Grapes			Buttermilk Pancakes & Syrup Fruited Yogurt Cup Salad Bar Fresh Seasonal Melon			Seasoned Beef, Tator Tots, Eggs & Cheese WG Tortilla Salad Bar Fresh Citrus Fruit & Cinnamon Goldfish			
Hot Veg	BBQ Garden Burger		Cheesy Pull Apart Bread			Veggie Lasagna Roll			Buttermilk Pancakes & Syrup w/Fruited Yogurt Cup			Cheese Quesadilla			
Cold	Wowbutter & Jelly Sandwich		Sesame Chicken Bun			Turkey & Cheese Wrap w/Mayo			CKC Crazy Good Chicken Bun			Asian Chicken Sticky Bun			

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