

This institution is an equal opportunity provider

Menu Info		Name : January 2022 Parnassus Preparatory School Lunch Menu Gr K-4			Options Provided : Hot, Hot Vegetarian Meals	
		Age Group : K-5			Meal : Lunch	
		Meal Pattern : NSLP / SSO				
		Monday, January 3, 2022	Tuesday, January 4, 2022	Wednesday, January 5, 2022	Thursday, January 6, 2022	Friday, January 7, 2022
Week I		Crispy Louisiana Chicken Bun	All Beef Hot Dog	Chicken Biryani w/Yogurt Sauce	Burrito Bowl	Sweet & Sour Chicken
Hot Meal		WG Bun, Pickle Rounds	WG Bun, Ketchup & Mustard	Crisp Mixed Greens Salad & Dressing	Brown Rice topped w/Seasoned Beef	Steamed Seasoned Brown Rice
		w/ CKC New Orleans Sauce	Cool Ranch Doritos	Lemon Blueberry Crisps	Shred Cheese, Lettuce & CKC Youza Sauce	Sliced Cucumbers
		Corntastic Salad, Carrot Slims & Sun Chips	Grape Tomatoes	Crisp Varietal Apple	Chilled Black Beans	Fresh Citrus Fruit
		Fruited Applesauce & Choice Milk	Banana & Choice Milk	Choice Milk	Chilled Grapes & Choice Milk	Choice Milk
Cold		Louisiana Veggie Burger	Grilled Cheese Sandwich	Twisted Cheese Breadsticks	Cheese Quesadilla	Sweet & Sour Veggie Nuggets Bowl
		Monday, January 10, 2022	Tuesday, January 11, 2022	Wednesday, January 12, 2022	Thursday, January 13, 2022	Friday, January 14, 2022
Week II		Golden Corn Dog w/ Ketchup	Yahya! Boneless Chicken Wings	Meatball Sub w/Mozzarella	Brunch Lunch	Tex Mex Wrap
Hot Meal		Baby Carrots	Honey Mustard	Ranchero Corn Salad	Buttermilk Pancakes & Syrup	Seasoned Beef, Tator Tots, Eggs & Cheese
		Fruited Applesauce	Mild Buffalo Dressed Crisp Broccoli	Mixed Berry Animal Crackers	Fruited Yogurt Cup	WG Tortilla
		Choice Milk	Bug Bites Grahams	Chilled Grapes	Crisp Salad & Dressing	Cheesy Refried Beans
			Banana & Choice Milk	Choice Milk	Tropical Fruit Mix & Choice Milk	Fresh Citrus Fruit
Cold		BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll	Buttermilk Pancakes & Syrup w/Fruited Yogurt Cup	Cheese Quesadilla
		Monday, January 17, 2022	Tuesday, January 18, 2022	Wednesday, January 19, 2022	Thursday, January 20, 2022	Friday, January 21, 2022
Week III		Cheesy Lasagna Roll	Mongolian Meatballs	Mandarin Orange Chicken	Chicken Fritter Wrap w/ Youza Sauce	Good Ole Fashioned Hamburger
Hot Meal		Fresh Baby Carrots	WG Dinner Roll	Steamed Brown Rice	WG Tortilla & Golden Chix Fritters w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce	w/ Pickle Rounds & Ketchup
		Fruited Applesauce	Mashed Potatoes	Celery & Ranch	Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip	Garden Green Salad & Dressing
		Elf Grahams	Banana	Chilled Grapes	Tropical Fruit Mix & Choice Milk	Cheddar Cheese Crisps
		Choice Milk	Choice Milk	Choice Milk		Crisp Varietal Apple & Choice Milk
Cold		Veggie Lasagna Roll	Veggie Burger	Egg Fried Rice	Bean & Cheese Burrito	Teriyaki Veggie Nuggets
		Monday, January 24, 2022	Tuesday, January 25, 2022	Wednesday, January 26, 2022	Thursday, January 27, 2022	Friday, January 28, 2022
Week IV		Chicken Tender Dunkers w/Ranch	Tender Salisbury Steak & Gravy	Chicken Stir Fry Bowl	Brunch Lunch	BBQ Roasted Chicken Drumstick
Hot Meal		Baby Carrots	WG Dinner Roll	Stir Fry Chicken on Steamed Rice	French Toast Sticks	Dinner Roll & CKC Baked Beans
		Fruited Applesauce	Mashed Potatoes	Crisp Romaine Salad & Dressing	Syrup	Tropical Fruit Mix
		Choice Milk	Banana	Crisp Varietal Apple & Fortune Cookie	Sliced Cucumbers	Scooby Grahams
			Choice Milk	Choice Milk	Chilled Grapes & Choice Milk	Choice Milk
Cold		Pizza Crunchers & Italian Dip	Swedish Veggie Patty w/ WG Roll	Cheese Bosco Sticks w/ Marinara Sauce	French Toast Sticks & Syrup	Grilled Cheese Sandwich
		Monday, January 31, 2022	Chef Spotlight - Joel Wight (Offsite Kitchen Manager, CKC)			
Week V		Mozzarella Burger	Food & Tradition Go Hand-in-Hand			
Hot Meal		WG Bakery Bun & Ketchup	Lefse is a traditional Norwegian flatbread, which is a relatively easy recipe. If you can make mashed potatoes, you can also make Lefse! Lefse is a traditional dish, and when it comes to my family, we make it every holiday season. Thanksgiving, Christmas, no matter the occasion is, Lefse is made in our family. Lefse, however, wouldn't be complete without Grandma in Montana. Now a days 20 lbs is the limit, but I've heard stories of whole weekend adventures! One can only imagine how many pounds of potatoes that might need. We laugh, we sing, and drink mountains of tea and coffee! Gorging till we can no longer move, we feast off lefse for months to come as it also freezes great!			
		Corntastic Salad	Lefse can be served with fruit or used to make burritos and even tacos! Our family favorite, however, is butter with cinnamon and sugar! The best part about making lefse, though, is making a mess, the fun flour fights, and just being with friends and family. So from our family to yours, enjoy this easy to make, and ever so hard to quit eating tradition! Enjoy!			
		Fruited Applesauce				
		Choice Milk	-Joel			
Cold		Mozzarella Veggie Burger	Chef Joel's Recipe for Lefse is on Page 2.			

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

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Lefse (Chef Joel's Recipe)

Ingredients:

- 3 Cups Water
- 2 1/2 Cups milk
- 1 1/2 Cups butter
- 4 Tbsp sugar
- 3 teaspoons salt
- 4 Cups potato flakes
- 2-3 Cups flour

Makes 12-16 Lefse

Steps:

1. In a large pot bring water to boil. Add milk, butter, sugar and salt.
2. When this comes to a boil, add potato flakes and stir until smooth. Pour the mixture into a large bowl and refrigerate.
3. When ready to make, take 2 cups of mixture at a time. Add 1 to 1 1/2 cups of flour, mix in until workable dough.
4. Flour your surface, roll dough as thin as possible. Cut into 6-8 inch circles using a pan lid and transfer to a griddle or a Lefse Grill, cook and enjoy!

This is our instant mashed potato recipe, if using real potatoes (my favorite) just make them like mashed potatoes and don't forget the sugar!

Menu Info February 2022 Menu (Subject to Change)

Menu Info		Tuesday, February 1, 2022	Wednesday, February 2, 2022	Thursday, February 3, 2022	Friday, February 4, 2022	
Week V		Asian Sesame Chicken Wrap	Creamy Mac & Cheese	Chicken & Waffle	Walking Taco	
Hot Meal		WG Tortilla, Breaded Chicken Bites Asian Slaw Mix Baby Carrots Banana & Choice Milk	Fresh Broccoli & Dip Tropical Fruit Mix Granola Crackers Choice Milk	Chicken Tenders WG Waffle w/Syrup Fresh Sliced Cucumbers Chilled Grapes & Choice Milk	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Boom Sauce Cheesy Refried Beans Crisp Varietal Apple & Choice Milk	
Cold		Twisted Cheese Breadsticks	Creamy Mac & Cheese	Waffles w/Syrup & Fruited Yogurt Cup	Cheese Quesadilla	
Menu Info		Monday, February 7, 2022	Tuesday, February 8, 2022	Wednesday, February 9, 2022	Thursday, February 10, 2022	Friday, February 11, 2022
Week VI		Premium Chicken Nuggets	Build Your Own Cheesy Nachos	Classic Hamburger	Chicken Enchilada Rice Bowl	Swedish Meatballs
Hot Meal		Ketchup WG Dinner Roll & Baby Carrots Fruited Applesauce Choice Milk	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips, Sour Cream & Cilantro Mixed Salad Greens w/Dressing Banana, Elf Grahams & Choice Milk	Fresh Bakery Bun, Ketchup & Pickles Creamy Coleslaw Chilled Grapes Choice Milk	Brown Rice w/ Seasoned Chicken Shred Cheese, Lettuce & CKC Boom Sauce Seasoned Black Beans Tropical Fruit Mix & Choice Milk	WG Dinner Roll Mashed Potatoes Crisp Varietal Apple & Giant Goldfish Choice Milk
Cold		Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla	Swedish Veggie Patty

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